Topped with chimichurri

Ditch the BBQ sauce and top your sizzling sirloin with Argentinian chimichurri instead PAGE 24

BETTER TOGETHER?

- Meaghan Benfeito of Montreal and Roseline Filion of Laval, Que., won a synchronized diving bronze medal in London. Now they'll go it alone as the 10-metre platform competition gets underway at 2 p.m. on OLN
- All-American girls: No matter what, the women's beach volleyball gold medal will go to the U.S. Find out what else you can't miss today PAGE 26

CALGARY metro®

Wednesday, August 8, 2012

News worth sharing.

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LAID-BACK VICTORY

Derek Drouin of Corunna, Ont., clears 2.26 metres on Sunday in the men's high jump at the 2012 Summer Olympics in London. On Tuesday, Drouin went on to win a bronze medal, Canada's 11th piece of hardware at the Games. More Olympics coverage, pages 24, 26, 28 & 29. RYAN REMIORZ/THE CANADIAN PRESS

Bus drivers pull double duty as cabbies

Concern. Head of taxi drivers' association worries about passenger safety

JEREMY NOLAIS
jeremy.nolais@metronews.ca

You're not seeing double — that friendly neighbourhood bus driver may very well be behind the wheel of the taxi you climb into on Saturday night.

Metro spoke to three men on condition of anonymity who confirmed they drive full-time for Calgary Transit by day and spend some of their evenings and weekends driving cabs.

One driver, a father of two from India, was on his 11th straight hour of driving. He said he often pulls double duty three times a week, driving up to 14 hours each day. He said it comes down to a struggle to make ends meet while raising a family.

"It's not too bad," he said. "Lots of coffee and conversation."

But leading sleep specialist Dr. Adam Moscovitch told Metro last month that prolonged stints behind the wheel can lead to driver impairment. That has Rajiv Kapil of the Calgary Cab Drivers Association concerned about the actions of some of his peers.

"They're putting passenger safety at risk," said Kapil, who estimates that 20 to 40 cab drivers also drive a bus — one to two per cent of the total number of Calgary Transit drivers.

Stephen Tauro of Calgary Transit said drivers are required to take a minimum-nine-hour rest between shifts, but added employee activities over that period are not monitored.

"What we have in place in the collective agreement is a clause about being fit for work," he said. "It outlines specific things, like they (drivers) need to have adequate rest and be free of substances, medications."

Mike Mahar of the Amalgamated Transit Union said he is aware some of his drivers also drive taxis but that it has never been raised as a safety issue.

United in mourning

Members of Calgary's Sikh community held a vigil on Tuesday for the victims of the Wisconsin temple shooting PAGE 4

All eyes on paragliders

Questions are raised about new methods of launching terror attacks and the intentions of two men arrested in Spain PAGE 6

A franchise re-Bourne

Jeremy Renner takes over the lead from Matt Damon in The Bourne Legacy, but it's not the character's first big change PAGE 13

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Calgary.ca

City's new website a hit

Since launching one year ago, the city's new website has had millions of hits, as well as several inquiries from other municipalities.

In August of last year, the city launched an updated version of Calgary.ca using a Google search platform.

"We were finding that a lot of our traffic was being driven from Google to Calgary.ca," said Paul Taylor, team lead for corporate web services. "We thought, if that search experience is working for people, we should look at emulating that."

Taylor said the site has been well received and traffic on both personal computers and on mobile devices has been steadily increasing. More than 50,000 visits from tablets were recorded in June — a 25 per cent increase over May, he said.

In addition to interest from Calgarians, Taylor said cities from across Canada and the United States have also inquired about the Calgary.ca model.

"The concept is really starting to work," he said. "I've probably taken calls from a dozen municipalities across North America that have asked how we were able to implement such a site and how it's working."

Taylor said the focus for the future is continuing to optimize the site and streamlining the search functionality.

KATIE TURNER/METRO

Online

For more local news
metronews.ca

Vader. Suspect in couple's death reserves plea again

Travis Vader
CONTRIBUTED

Travis Vader reserved his plea Tuesday in an Edson courtroom during an appearance on two counts of first-degree murder in the deaths of Lyle and Marie McCann.

The McCanns, in their 70s, disappeared in July 2010 while driving from St. Albert to Abbotsford, B.C.

Vader was officially charged this past April.

The McCanns' remains have never been found, and they were declared dead last summer.

Vader has reserved his plea multiple times.

The case will return to the Edson courthouse on Aug. 21.

METRO

Castle Mountain. Calgary hiker's body discovered

Canmore RCMP have located the body of a Calgary hiker who went missing on Saturday.

On Tuesday afternoon, RCMP were able to confirm the body of Michael Hwang, 44, from Calgary was found on the upper area of Castle Mountain.

According to RCMP, it appeared Hwang was rappelling down a rock face when he fell onto the stones below. Due to the height from which he fell, he did not survive.

Because of high winds, Hwang's body was not recovered by Parks Canada personnel. Recovery attempts were expected to resume Wednesday.

The Calgary Medical Examiner's Office will determine the exact cause of death.

Family members have been notified.

METRO

Flames prospect charged in Cochrane beating

Ferland. Alleged victim was left with fractured orbital bone

JEREMY NOLAIS
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RCMP have charged a rising Calgary Flames prospect after an assault near a Cochrane bar last month, but the team says the left-winger maintains his innocence.

One count of aggravated assault and a count of assault were announced against Manitoba resident Michael Ferland, 20, Tuesday after a victim was allegedly beaten and rushed to hospital with a fractured orbital bone July 29.

Ferland was drafted by the team in 2010. He recently wrapped up a spirited playoff run with the Brandon Wheat Kings of the Western Hockey League and was preparing to suit up for the Flames' American Hockey League affiliate, the Abbotsford Heat.

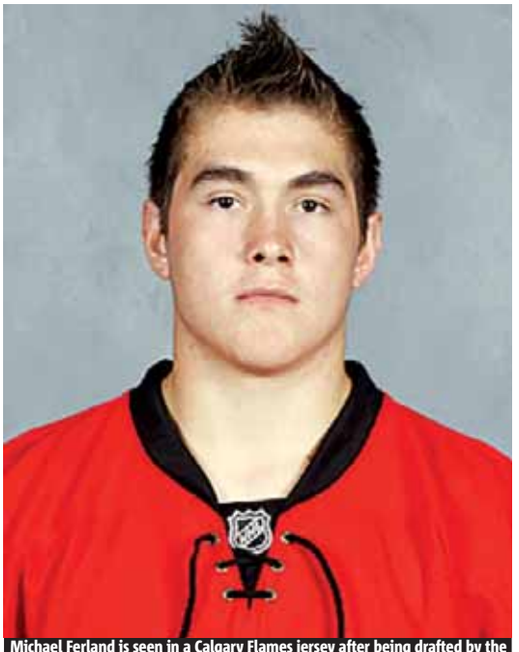
Details

- Ferland attended a development camp hosted by the team early last month.
- The team said in a statement Tuesday it was taking steps to acquire information about the incident, but did not speculate about Ferland's future with the club.

"While embarrassed, Michael maintains he is innocent with respect to the charges and he has displayed concern for any harm that has resulted from this incident," the Flames said in a statement. "The organization will support Michael as he moves through the legal process."

Ferland is scheduled to appear in court Sept. 4.

Follow Jeremy Nolais on Twitter @Metro_Nolais


Michael Ferland is seen in a Calgary Flames jersey after being drafted by the team in 2010. CONTRIBUTED/FLAMES.NHL.COM

SMENT 1

Mobile news

More than a thousand volunteers turned themselves into human dominoes and toppled into the record books. Scan the code to watch the bizarre event.

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Northern Gateway

Pipeline vital for Canada and B.C., says Harper

Prime Minister Stephen Harper says science, not politics, will decide the fate of a controversial pipeline project between Alberta and B.C.

However, Harper added that a pipeline between the two provinces is of vital interest to both Canada and British Columbia as the gateway to Asian markets.

Harper sidestepped reporters' questions about the feud between B.C. and Alberta over the Northern Gateway pipeline project, saying it was subject to an independent environmental review process. He says the government doesn't pick and choose such projects. THE CANADIAN PRESS

Prime Minister Stephen Harper at Shaughnessy Elementary School on Tuesday.
DARRYL DYCK/THE CANADIAN PRESS

Provincial statistics

Thousands of tickets dished out on long weekend

Thousands of tickets were handed out throughout Alberta over the long weekend, according to the province.

Of the 5,140 ticket issues, 3,556 were speeding violations, 35 impaired driving charges, 29 24-hour suspensions for alcohol or drug use, and 38 were issued for distracted driving.

A total of 881 charges were laid on drivers travelling on Highway 63 alone, including 665 speeding violations.

According to a provincial release, 16 new RCMP and Alberta traffic sheriffs will be dedicated to Highway 63 and the surrounding area by early 2013.

Resource enforcement officers were also monitoring camping grounds and public recreation areas.

In total, 201 charges were issued for violations related to the Fisheries Act and 68 parks-related offences, such as noise complaints, were also issued. METRO

Sikhs hold vigil in honour of temple-shooting victims

Openness. Leader urges members of the public to come forward if they have questions about the religion

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Tejinder Singh Sidhu was taking part in a standard Sunday morning prayer at Calgary's Dashmesh Culture Centre when his phone began buzzing over and over again.

Soon after, he learned the horrifying details of a Wisconsin shooting that left six of his fellow Sikhs dead and three others critically wounded.

"Everyone was in shock," said Sidhu, a senior vice-president at the centre. "It was just unbelievable."

On Tuesday night, Sidhu and at least 400 other members of Calgary's Sikh community joined together for a sombre candlelight vigil.

"We are saying a Sikh prayer for strength.... It's to help us overcome this tragedy, but also to offer strength for those still in the hospital, for those who have lost loved ones and break through any stigmatism that might be out there about the Sikh community," Sidhu said.

Many mourners Tuesday dressed in white — the colour of peace — and joined together in chanting that echoed for blocks.

Some in attendance wept as community leaders recounted details of Sunday's shooting at the Sikh Temple of Wisconsin, which is located in rural Milwaukee.

One of the younger community members, 14-year-old Amandeep Gill, took encouragement from the large crowd that gathered and continued to grow throughout Tuesday's proceedings.

"It shows that we stand strong as group," she said.

The community

- **Population.** Statistics Canada estimates as many as 50,000 Sikhs live in Calgary.
- **Support.** Calgarians wishing to offer support to the Wisconsin shooting victims are encouraged to visit a memorial-fund site at wearesikhs.com.

Two teenaged members of Calgary's Sikh community light candles during a vigil in memory of the victims of a Wisconsin temple shooting that took place on the weekend. JEREMY NOLAIS/METRO

Woman killed in fire wheelchair-bound: Neighbours

This home on Doverly Place S.E. was the scene of a fatal fire late Monday.
CANDICE WARD/FOR METRO

A southeast neighbourhood is mourning the loss of a beloved resident after she was killed in a house fire late Monday.

The woman, who was confined to a wheelchair and identified only as Linda, was found dead in her Doverly Place home after a fire erupted inside the residence.

The fire occurred at about 7:30 p.m. in the single-storey home of the 200 block of Doverly Place.

Two adults, believed to be the victim's husband and son, were able to escape.

"It's sad, it's very sad," said Amanda Mindel, who lives next door.

"It is tough, I just think about how helpless she was if she was not in her wheelchair."

Mindel said the victim was cared for by nurses and is said to have been suffering from multiple sclerosis.

Mindel has only lived in the area for a year, but said her neighbour was a very nice woman and will be missed in the community.

"She was very nice with my kids," said Mindel. "She bought my kids Christmas presents."

Other neighbours were too upset to speak of the loss of their friend.

Fire officials said the identity of the woman will not be released until an autopsy is performed Wednesday morning.

The cause of the fire is currently unknown and is under investigation.

There is no word on the amount of damage sustained to the home. CANDICE WARD/FOR METRO

More details

- **Occupancy.** A spokesperson said Tuesday that three people were living in the home on Doverly Place S.E. when fire broke out Monday night.
- **Emergency crews.** Firefighters managed to contain the blaze to the room where it started.

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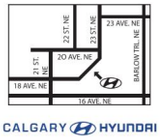

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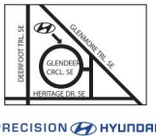

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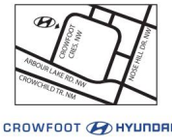

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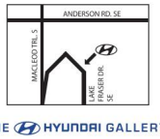

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Arrests put paragliding in spotlight

Terror from the sky?
Suspects allegedly took lessons, planned to launch aerial attacks

The history of terror plots is filled with unusual schemes, from an underwear bomber to model planes filled with explosives — showing how would-be attackers are constantly hatching ideas to catch authorities by surprise. Now questions are being raised about whether two Russians held on terror charges in Spain were planning to launch airborne attacks while paragliding.

The two Russians took paragliding lessons this year in a southern Spanish region renowned for the sport, authorities said over the weekend. A Turkish engineer also under arrest paid for the lessons.

Spain's Interior Ministry declined comment on whether investigators believe Eldar Magomedov and Mohamed Ankari Adamov were using the paragliding lessons to train for an attack. But analysts said the allegation in court paperwork that they took the lessons is almost certainly a key line of investigation.

No attacks have been carried out using paragliders, experts said.

But paragliding was still banned in and around New Delhi during the 2010 Commonwealth Games "to provide security against any sort of terror attacks," said police spokesman Rajan Bhagat.

THE ASSOCIATED PRESS

Quoted

"Terrorism is a full-time occupation. You don't pursue hobbies on the side."

Magnus Ranstorp, a terror expert at the Swedish National Defence College

South Africa wakes up to a winter wonderland

People react as a rare snowfall hits Johannesburg, South Africa, Tuesday. Temperatures dropped to below freezing Tuesday morning as snow flurries blew through the South African commercial hub, dusting the city in white as residents poured into the streets to watch the snowflakes fall. The South African Weather Service has warned that extreme cold will blanket much of the nation over the next few days, which remains in winter.

JON GAMBRELL/THE ASSOCIATED PRESS

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Congo. Oxfam says hundreds killed, raped

With Congo's army diverted to fighting a new rebel group, new militia groups have arisen and older ones are reasserting themselves, killing and raping hundreds of civilians, the British charity Oxfam said Tuesday.

U.S. Secretary of State Hillary Rodham Clinton called the violence "a serious threat to regional security and stability."

Responding to the escalating crisis in the mineral-rich area, regional leaders met in Uganda on Tuesday where they may seek a change in the mandate of the U.N. peacekeeping mission. The option is one of three under consideration as presidents forming the 11-nation International Conference on the Great Lakes Region pursue a solution to the crisis.

The other options include incorporating a neutral force drawn from around Africa into the U.N. peacekeeping mission in Congo, or establishing a force pooled from regional armies, a more desirable situation for Uganda and Rwanda, according to officials monitoring deliberations.

THE ASSOCIATED PRESS

Israel

Glasses keep gals out of sight

It's the latest prescription for extreme ultra-Orthodox Jewish men who shun contact with the opposite sex: Glasses that blur their vision, so they don't have to see women they consider to be immodestly dressed.

Their interpretation of Jewish law forbids contact between men and women who are not married. So, the community's unofficial "modesty patrols" are selling glasses with special blur-inducing stickers on their lenses. THE ASSOCIATED PRESS

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8180 11 Street SE**
Chinook Centre
Deerfoot Mall
Kensington Village
Market Mall
Marlborough Mall
Pacific Place Mall
Southland Crossing
Sunridge Mall
Westbrook Mall

EDMONTON
10122 149th Street NW
2714 48th Street NW
9303 34th Avenue NW
11741 95 Street NW
10756 Jasper Avenue NW**
10024 82 Avenue NW**
Abbotsfield Mall
Bonnie Doon Mall
Edmonton City Centre
Edmonton City Centre West
Kingsway Mall
Millwoods Shopping Centre
Northgate Centre
West Edmonton Mall
Westmount Mall
Londonderry Mall

ST. ALBERT
St. Albert Centre

BRITISH COLUMBIA

ABBOTSFORD
Seven Oaks Mall

BURNABY
4206 Hastings Street**
4501 North Road
4700 Kingsway†
Crystal Mall
Metropolis at Metrotown
Metropolis at Metrotown†

COQUITLAM
Coquitlam Centre

DELTA
9255 Scott Road

LANGLEY
Willowbrook Mall

NEW WESTMINSTER
Plaza 88
Queensborough Landing
948 12th Street

NORTH VANCOUVER
146 3rd Street West**
935 Marine Drive†
Capilano Mall†

RICHMOND
Parker Place Mall*
6551 No. 3 Road†
Lansdowne Mall
Richmond Centre Mall†

SURREY
8334 128th Street
Central City Mall
Guildford Town Centre

VANCOUVER
1139-88 West Pender
116 Davie Street
1160 Davie Street†
1191 Robson Street†
1238 Robson Street*
1251 Kingsway
2228 West 4th Avenue
2595 Commercial Drive**
2723 East Hastings Street
3149 Kingsway
500 West Broadway
City Square†
6446 Fraser Street
665 Robson Street†
779 Thurlow Street
807 Hornby Street*
Kingsgate Mall
8415 Granville Street

A 'precious little boy' who grew up to kill

Wade Michael Page played in white-supremacist heavy-metal bands and posted frequent comments on Internet forums for skinheads, repeatedly exhorting members to act more decisively to support their cause.

"Get involved and become active," he wrote last year.

"Stop hiding behind the computer or making excuses."

Page strode into a Sikh temple in Wisconsin on Sunday with a 9mm handgun and multiple magazines of ammunition and killed six people.

And now authorities are trying to determine if the 40-year-old army veteran was taking his own advice when he opened fire on total strangers in a house of worship.

A picture of Page has begun to develop — found in dark corners of the Internet, in records from a dodgy army career and throughout a life lived on the margins.

It suggests he was a white supremacist who wanted to see his beliefs advanced with action.

A mourner pays her respects near the Sikh temple in Oak Creek, Wis., where six people were killed on Sunday. M. SPENCER GREEN/THE ASSOCIATED PRESS

Page, who was shot to death by police, described himself as a member of the "Hammerskins Nation," a skinhead group rooted in Texas that has branches in Australia and Canada.

Between March 2010 and the middle of this year, Page posted 250 messages on one skinhead site and appeared eager to recruit others.

The bald, heavily tattooed bassist trained in psychological warfare before he was demoted and discharged more than a decade ago.

He was deeply involved in the "hate rock" scene — a shadowy world of hundreds of performers in the U.S. and Europe, most of them playing metal or hardcore punk. Some also play country, folk and other genres.

Page's former stepmother said she was devastated to learn of the bloodshed.

"He was a precious little boy, and that's what my mind keeps going back to," said Laura Page, of Denver, who was divorced from Page's father around 2001.

THE ASSOCIATED PRESS

Ashiqur Rahman is seen through a door at Nova Scotia Supreme Court last year. METRO FILE

Six years in jail for the death of baby Aurora

Halifax father is sentenced. Child had 27 rib fractures and suffered injuries to every long bone in her body, Crown says

JENNIFER TAPLIN
Metro in Halifax

Shortly before his sentence was read, Ashiqur Rahman maintained his innocence in the death of his seven-week-old daughter.

"I have been and will always be sorry for failing to save my daughter," he told a Halifax court.

He was found guilty of manslaughter and aggravated assault in June for slapping, shaking and tossing the baby.

On Tuesday at the Nova Scotia Supreme Court, Judge Felix Cacchione sentenced Rahman to six years and six months for the manslaughter of Aurora Breakthrough in July 2009.

Rahman was given double credit for the time he spent in pretrial custody, which equals two years and three months.

The Crown was looking for at least 10 years, arguing at least five separate incidents of assault meant a pattern of aggression.

But Cacchione said he believed each outburst was a spontaneous loss of control.

Cacchione said Rahman, who was 23 at the time of his daughter's death, was immature, selfish and was driven by a desire to become a successful businessman — which clouded his ability to be compassionate and caring.

"He's an intelligent and capable young man and will be punished for what he did," Cacchione said.

No appeal

Although it's not the sentence she recommended, Crown attorney Denise Smith said it's in the range given out in similar cases and she does not intend to file an appeal.

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Dark Knight drama

Batman patron had gun, knives

A Cleveland-area man has been arrested for carrying a gun, ammunition and several knives into a showing of the The Dark Knight Rises.

Police in Westlake, Ohio, say a manager was suspicious of the man and his satchel when he entered the theatre for the Batman movie.

Reports say the manager and an off-duty police officer searched the bag and found the weapons.

THE ASSOCIATED PRESS

Murder. Two expats found dead in same apartment, years apart

Authorities are releasing more details about the horrific death of yet another Canadian while on vacation in Mexico.

The latest victim — identified as Duane Joseph Lang, 46, of Regina — was stabbed 23 times in an apartment in Puerto Vallarta, police said Tuesday.

And they said another expat was found dead in the same apartment a few years ago.

"A few years ago the landlord went through a similar experience with another tenant," said Puerto Vallarta police spokesperson Adan Leyva.

An autopsy determined that Lang had been dead for 48-72 hours, said Andres Zuniga, a spokesperson at the Jalisco Forensic Science Institute.

The landlord "found blood spattered everywhere, things all over the place, a knife, and ... called the police," said Leyva. THE ASSOCIATED PRESS

People move around roofs as floodwaters rise in suburban Quezon City, north of Manila, on Tuesday after relentless rains submerged half of the sprawling Philippine capital. MIKE ALQUINTO/THE ASSOCIATED PRESS

Rain traps Manila residents on roofs

Seasonal monsoon.
Worst deluge since 2009 causes dams and rivers to overflow

Relentless rains submerged half of the sprawling Philippine capital, triggered a landslide that killed nine people and sent emergency crews scrambling Tuesday to rescue tens of thousands of residents who called media outlets pleading for help.

Benito Ramos, head of the government's disaster response agency, said the rains flooded 50 per cent of metropolitan Manila on Monday, and about 30 per cent remained under waist- or neck-deep waters Tuesday.

In Manila suburb Quezon City, a landslide hit a row of shanties perched below a hill, burying nine people.

TV footage showed rescuers dangling on ropes to bring children and other residents to safety. "We can't get out because the floodwaters are now higher than people," Josephine Cruz told DZMM radio as water rose around her house in Quezon City.

THE ASSOCIATED PRESS

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Flee or die: Grim choice for Syrians

Refugees. Intense battles between regime and rebels double daily number of people seeking safety in Turkey

The relentless exodus from Syria intensified Tuesday as withering gunfire sent scores of people spilling into Turkey.

More than 1,300 Syrians fled to Turkey overnight.

Meanwhile, rebels defiant as ever tried to expand their hold inside Syria's largest city, Aleppo.

"They have Satan on their side, we have God on ours," one rebel shouted.

President Bashar Assad met in Damascus with a top envoy from ally Iran and was seen on TV for the first time in three weeks. He vowed to fight on "relentlessly."

Aleppo-based activists said clashes were going on Tuesday near the historic city centre. That suggests the rebels were making some inroads in Aleppo, about 40 kilometres from the Turkish border.

A Turkish government official said 1,328 Syrian refugees had crossed the border by mid-morning — nearly double the number of refugees who reached Turkey on Monday.

Close to 48,000 Syrians have now found refuge in Turkey, which has served as a staging ground for the rebels.

War's brutal destruction is framed by a broken wall on the outskirts of Aleppo. KHALIL HAMRA/THE ASSOCIATED PRESS

In South Africa, U.S. Secretary of State Hillary Rodham Clinton said Assad's regime is quickly unravelling, citing high-level defections such as his prime minister's switch to the rebel side.

She urged international leaders to begin work on a "good transition plan" to try to keep Syria from collapsing into more chaos after Assad.

"I am not going to put a timeline on it. I can't possibly predict it, but I know it's going to happen as do most observers around the world," Clinton told reporters.

In Geneva, the World Health Organization said the fighting has severely hit Syria's health services, including the closure of pharmaceutical plants, leaving critical shortages of vital medicines.

THE ASSOCIATED PRESS

Key city

"We are expecting a massacre in Aleppo. The regime is bringing reinforcements because they believe if Aleppo falls the regime will fall."

Abu Ahmad, a Syrian refugee in Turkey.

The other exodus

Iraqis who fled to Syria are fleeing back home

At least 22,300 Iraqis who fled to Syria several years ago have streamed home in the past three weeks, United Nations officials in Baghdad said Tuesday.

The returning Iraqis have been joined by some 3,600 Syrians who have crossed into Iraq since July 23, when Baghdad said it would open its western borders to refugees.

The influx represents a stark turnaround from the bloody years following the 2003 U.S.-led invasion of Iraq, when waves of refugees fled in the opposite direction.

More than a million Iraqis fled to Syria to escape widespread sectarian fighting during the worst of violence in their homeland between 2005 and 2007.

Syria was hosting as many as 87,000 Iraqi refugees as recently as May.

THE ASSOCIATED PRESS

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Broadcasting. Companies rally against BCE-Astral deal

Three major Canadian media companies have launched a campaign to oppose BCE Inc.'s planned purchase of Astral Media Inc., saying the deal would give Bell too much control over the country's broadcasting landscape.

On Tuesday, the heads of Cogeco Cable Inc., Eastlink and Quebecor Inc. unveiled a new online petition against the proposed deal.

They raised the spectre of Bell forcing consumers to pay more money for popular television channels, or packaging those channels with less-popular ones, or other services, if the Astral deal goes ahead. THE CANADIAN PRESS

Threat

The deal still needs approval by the Canadian Radio-television and Telecommunications Commission and the Competition Bureau.

- "Ottawa must absolutely stop this deal," said Louis Audet of Cogeco Cable. "If this transaction is approved, Bell Canada will pose a very serious threat to the Canadian broadcasting industry."

Military export. U.S. senators accuse Canadian company of law violation

Two high-profile American senators are demanding tougher action against a Canadian aerospace company that has admitted to exporting military software to China in violation of U.S. law.

Pratt and Whitney Canada, owned by U.S. defence giant United Technologies Corporation, has acknowledged selling the computer programs that could allow China to complete the development of its first modern attack helicopter.

U.S. senators John McCain and Carl Levin, who sit on the Senate Armed Services Committee, want the Obama administration to go beyond the $75-million US fine imposed on Pratt and Whitney and another subsidiary, Hamilton Sundstrand. Both senators are also calling for company officials to be held personally accountable for what they describe as "criminal misconduct." THE CANADIAN PRESS

Quoted

"(The violations) may have caused significant harm to our national security."

U.S. senators John McCain and Carl Levin in a letter to both Defence Secretary Leon Panetta and Secretary of State Hillary Clinton

Market Minute

DOLLAR
100.25¢ US (+0.44¢)

TSX
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OIL
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GOLD
$1,612.80 US (-$3.40)

Natural gas: $2.964 US (+5.6¢)
Dow Jones: 13,168.60 (+51.09)

Apple

iPhones, iPads to ditch YouTube app

Apple says the next version of its software for the iPhone and iPad won't come with a pre-installed YouTube application.

Users will be able to play YouTube videos in the Web browser, says Apple spokeswoman Trudy Muller. YouTube owner Google is also working on a downloadable app, she says. THE ASSOCIATED PRESS

Canada Arrivals
Arrivées Canada
AIR CANADA AC142 VANCOUVER 15:34 ARRIVE
AIR CANADA AC7718 LONDON,ON 15:44 ARRIVE
AIR CANADA AC1122 SASKATOON 15:45 ARRIVE
AIR CANADA AC266 WINNIPEG 15:48 ARRIVE
AIR CANADA AC457 OTTAWA 16:12 EN RETARD
AIR CANADA AC833 BRUSSELS 16:16 DELAYED
AIR CANADA AC7356 SARNIA 16:23 DELAYED
AIR CANADA AC034 SYDNEY, AU 16:24 DELAYED
AIR CANADA AC8536 THUNDER BAY 16:51 DELAYED
AIR CANADA AC126 EDMONTON 16:58 DELAYED

Air Canada workers talk at Pearson International Airport in Toronto on Thursday. NATHAN DENETTE/THE CANADIAN PRESS

Fewer fly Air Canada in July, WestJet on top

Air traffic. Losses expected to continue for Air Canada when it reports third-quarter results on Wednesday

Air Canada saw a greater percentage of empty seats on its flights last month compared with a year ago as traffic on Canada's largest airline slipped more than it cut capacity.

The Montreal-based company reported Tuesday that its system load factor for July was 85.9 per cent, down from 86.4 per cent a year ago.

In contrast, Calgary-based rival WestJet Airlines posted a record load factor in July, with improvements in all key performance measures compared with July 2011.

Air Canada's lower load factor came as traffic fell 1.1 per cent and capacity was cut 0.5 per cent compared with a year ago.

Still, the result was "close to last year's record load factor for the same month and underscores our continued disciplined approach to managing capacity," Air Canada president and chief executive Calin Rovinescu said.

Air Canada said the load factor on its U.S. and transatlantic flights dropped to 80.1 per cent and 87.5 per cent respectively, down from 81.2 per cent and 89.5 per cent.

Domestic flights improved their load factor to 84 per cent, up from 83.1 per cent a year ago, while flights across the Pacific improved to 91.5 per cent from 91.2 per cent.

Air Canada will report its third-quarter results Wednesday.

The airline is expected to lose one cent per share on $3 billion of revenues, compared with a loss of 20 cents per share on $2.9 billion of revenue a year ago, according to analysts polled by Thomson Reuters. THE CANADIAN PRESS

Report

"Record July operating statistics support our positive view of end market conditions for WestJet."

Gregg Saretsky, WestJet president and CEO

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GOOD NEWS TODAY
Spending time in the presence of God will result in an outpouring of rain - rain of the blessings of heaven and the blessings of the earth into your life. Knowing and relating with Jesus is a blessing, and will yield His blessings in your life. Do you know Jesus?
(Psalms 68:8, The heavens poured down rain at the presence of God)
GOODNEWSTODAY.CA

Pfizer pays $60M settlement

Pfizer has agreed to pay the U.S. federal government $60 million US to settle allegations that its employees bribed doctors and other foreign officials in Europe and Asia to win business and boost sales.

The Securities and Exchange Commission said Tuesday that Pfizer's overseas subsidiaries made illegal payments to health-care workers in China, Italy, Russia, Croatia and other Eastern European countries.

As early as 2001, Pfizer sales representatives tried to conceal the bribes by recording them as legitimate business expenses for travel, entertainment and marketing purposes, the agency said. THE ASSOCIATED PRESS

OPPRESSION IN BELARUS MAKES FOR A GOOD CHILD'S FABLE

JUST SAYIN'
Paul Sullivan
metronews.ca/voices/just-saying

I had this great idea for a children's book.

The Dark Lord rules over a country far away. He is very powerful and prevents anyone from speaking out against his government, even though the economy is a mess and the living standard is low. A group called Reporters Without Borders ranks this sad country 154th out of 178 countries in its Press Freedom Index.

After I penned a story

Imagine my distress when I find out that my story, which is going to allow me to replace J.K. Rowling at the top of the list of Fabulously Wealthy Children's Authors, really happened!

One day, good blond people from a magic land hear about the human-rights abuses of the Dark Lord, including the death of a human-rights activist, and decide to take action. They fly a small plane into the Dark Lord's domain and parachute 1,000 teddy bears calling for free speech, and then escape untouched.

When the Dark Lord finds out, he gets very angry and fires his generals, who did nothing, despite boasting of a sophisticated defence system fuelled by treasure that should go to hungry children. But the damage is done. Everyone is laughing at the Dark Lord, who can't even stop an invasion of teddy bears. His mojo is toast.

Imagine my distress when I find out that my story, which is going to allow me to replace J.K. Rowling at the top of the list of Fabulously Wealthy Children's Authors, really happened! And it's still happening.

The Dark Lord, also known as Alexander Lukashenko, the president of Belarus, has expelled the ambassador of the good people, who are in reality employees of a Swedish ad agency. They thought the Teddy Bear Invasion would be a good way to get Belarusian oppression of human rights on the news agenda.

It worked. It doesn't hurt that Teddy Bear Terrorists Tomas Mazetti and Hannah Frey look like Swedish movie stars and the teddies are pretty darn cute too, with their little parachutes and placards.

Of course, because this is real life and not a child's fable, everyone is definitely not living happily ever after. Lukashenko is arresting anyone who dares to smile, and, meanwhile, the jails are full of human-rights activists and former presidential candidates.

Still, you have to admire the Swedish protest and its simple, child-like charm. In a country where protesters have been arrested just for clapping or ringing their cellphones in unison, you need to be creative to tell a modern story of brutal, systematic oppression.

I know I'm inspired — I'm just about finished the New Adventures of Delta Force Teddy, in which the bears fly to North Korea to infiltrate Kim Jong-un's bedroom to discover the identity of the mystery lady who suddenly turned up at his side.

Stay tuned.

Tomas Mazetti and Hannah Frey show a teddy bear on a parachute as they pose for a photo in Berlin recently. The slogan on the paper fixed to the bear reads: "We support the Belarusian struggle for free speech."
GERO BRELOER/THE ASSOCIATED PRESS

A turtle is born ... from plastic

ACT4.CO/SOLENT

Up-cycled art

Brilliant sculpture made from trash

This enchanting turtle floating in deep azure blue sea is truly unreal — in fact the creature is made entirely from discarded and reclaimed household objects.

Artist Sayaka Ganz's stunning sculptures — which also include a whale, fish, dog and an albatross — measure from half a metre to two and a half metres.

METRO

A knack for recycling

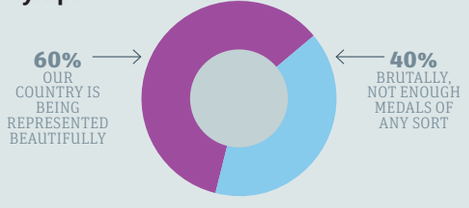
- **Plastic passion.** Ganz sorts everything plastic — from sunglasses and cutlery to baskets and cooking utensils — into 20 colour groups in her basement. "I have been collecting plastic objects for four years now, and I have about 20 bins of colour-sorted plastics," she said. Some of her items are found in garbage cans, some in charity shops and the rest are donated by friends and relatives.
- **Japanese philosophy at heart.** Despite now working in Fort Wayne, Ind., Ganz keeps the traditions from her childhood homeland close to her art: "Japanese Shinto beliefs are such that all objects and organisms have spirits, and I was taught in kindergarten that objects that are discarded before their time weep at night inside the trash bin." She added: "My goal is for each object to transcend its origin by being integrated into an animal/organic forms that are alive and in motion."

Artist Sayaka Ganz, 35, hails from Yokohama, Japan.
CONTRIBUTED

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How do you feel Canada is faring in the Olympics?



Twitter

@Jon_Tupper:
Overheard in YYC "Good, the Pilot looks old enough to have a lot of experience.... But not heart-attack old" #yyc #aviation

@alewi854:
To the loud landscape machine and the man w/ the chainsaw outside my bldg...Thank u! Sleep is over rated anyway #yyc #tooearlyforthiss--t

@bpincott:
Best #yycbike lane hazard yet: 20 people skipping rope in middle of bike path. They said sorry & didn't bother moving! Nice!

@brittanydewald:
If you didn't sleep naked or partially naked last night, you're stupid. Holy humid #yyc

@megan_zee:
Wish #yyc was like Hawaii an everyone could just walk around in their #bikinis when it's so hot out

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Jeremy Renner takes over leading man role in the latest Bourne flick. HANDOUT

The Jason Bourne facsimile

Damon relinquishes role. Renner picks up the lead in secret-agent thriller but it's not the first time Bourne has seen changes

IN FOCUS
Richard Crouse
scene@metronews.ca

Writer Robert Ludlum died a year before Jason Bourne, his most famous character, was brought to life on the big screen by Matt Damon.

He didn't get to enjoy Damon's take on the action hero, but he did see another version of The Bourne Identity and the famous superspy.

The writer reportedly enjoyed the 1988 300-minute, two-part made-for-television movie of The Bourne Identity starring mini-series king Richard Chamberlain in the role Damon later made famous.

Despite a cheeseball love scene between Chamberlain and co-star Jaclyn Smith the TV special (now available on DVD) was a faithful adaptation of the first Bourne novel and even earned its lead actor a Golden Globe nomination.

These days Ludlum would be hard pressed to recognize his character, however.

He wrote the first three Bourne books but after his death the series was kept alive by writer Eric Van Lustbader, who has made slight, but noticeable changes to the character over the course of seven subsequent novels.

Quote

"Damon didn't want to return to the franchise but the studio still wanted another Bourne movie."

Moviegoers may also find themselves a tad confused this weekend when Jeremy Renner takes over the lead from Damon in The Bourne Legacy. Renner, who beat out Jake Gyllenhaal, Michael Fassbender, Taylor Kitsch and Josh Hartnett for the gig, isn't playing Jason Bourne, but a reasonable facsimile — a trained assassin brainwashed into taking part in covert government activities.

In Hollywood they call that expanding "the franchise mythology."

In other words, Damon didn't want to return to the franchise but the studio still wanted another Bourne movie.

Ludlum's books — he wrote 23 thrillers with sales estimated between 290 to 500 million — have also provided the basis for several movies without the name Bourne in the title.

The Osterman Weekend is a confusing movie about a television journalist who becomes convinced his friends are a threat to national security. Ludlum apparently offered to rewrite the perplexing script at no charge, but was rejected by the movie's producers.

The result is an entertaining mess the New York Times said, "has a kind of hallucinatory craziness to it."

More troubles

The Holcroft Covenant was another troubled production.

- **Unhappy.** Star James Caan walked out the day before filming was to begin, unhappy with the script. His replacement, Michael Caine, carries the espionage story, but the action scenes are more entertaining than the spy story.
- **Another movie.** In development is the Chancellor Manuscript, Ludlum's story about J. Edgar Hoover's alleged "secret files." Leonardo DiCaprio is rumored to be in talks to star.

2 SCENE

On the web

Madonna hopes for release of Russian rockers facing trial over punk prayer against Putin

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Arnold Schwarzenegger talks steroids, military and his mother's fears for him

New documentary. ESPN analyze the Terminator's rise and fall and what made him who he is today

AMBER RAY
Metro World News

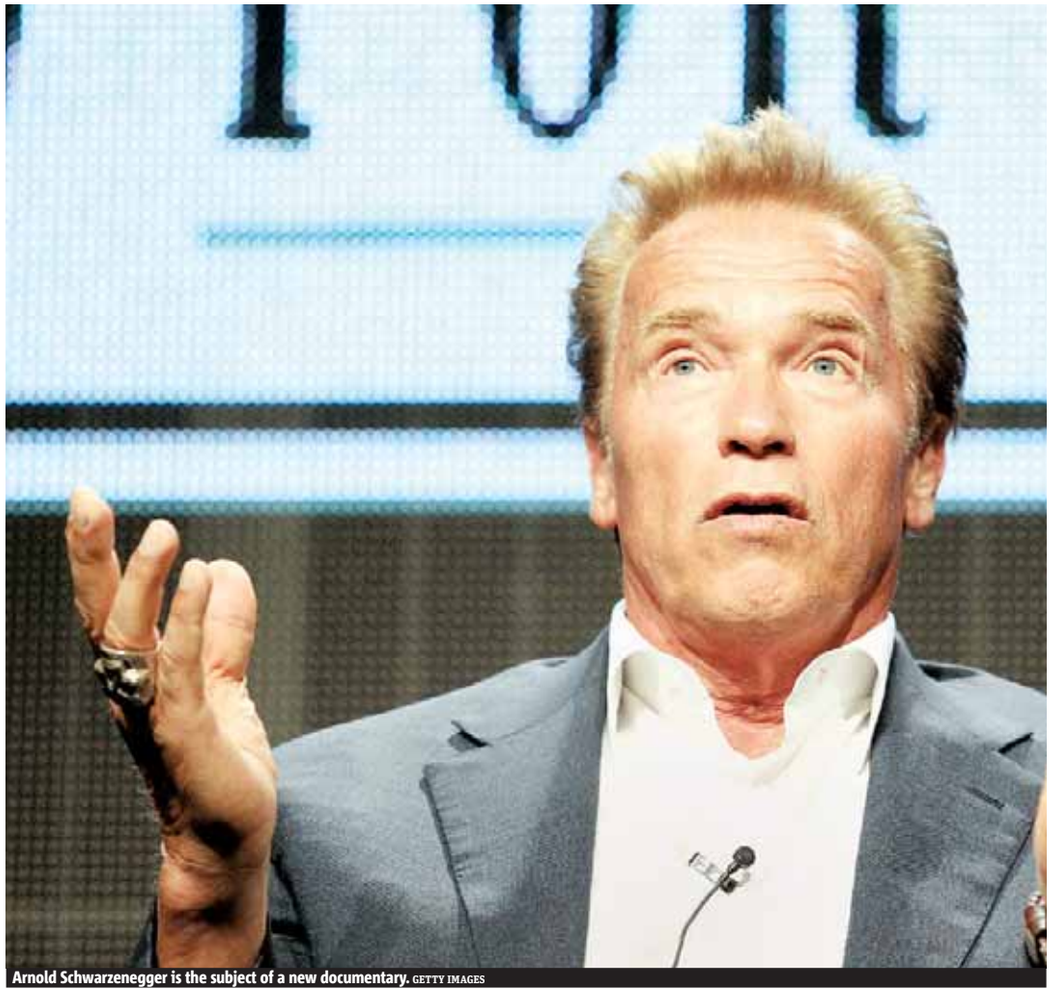
Take away Terminator. Strip away his governorship. The successes of Arnold Schwarzenegger all boils down to his stint in the Austrian army as a teen, when he won a Mr. Europe bodybuilding championship.

At least, that's the premise of Arnold's Blueprint, the first film in ESPN's new documentary series, 30 for 30 Shorts, premiering Sept. 26. Director Michael Zimbalist (The Two Escobars) focuses on Schwarzenegger's enlistment, the military's initial resistance to his sport, and his rise to Mr. Universe. The lesson: If you have a dream, ignore the naysayers.

"I had never saw a 'no' as a 'no,'" Schwarzenegger told reporters at the Television Critics Association press tour in Beverly Hills, Calif., on Friday. "I always heard 'yes.' And every time someone said it was impossible, I always hear 'It's possible.' So I didn't care what anyone said. To me, it always was positive and it's possible."

From his mother questioning his sexuality to his frank admission of steroid use, Schwarzenegger shared details from that period of his life with critics.

"My mother was always worried because she saw the pictures on my bedroom wall of naked men oiled up, and so she called the house doctor and said, 'Is there something wrong? Is my son turning south here? What's the story here, because all his friends have girls on the wall of the bedroom, and he has only men oiled up with little briefs on.' She was worried." he said.



Arnold Schwarzenegger is the subject of a new documentary. GETTY IMAGES

But it was his battle with the military that was the most baffling.

"The military was always known (as) a place that takes care of the athletes, that they love athletes. They found them inspirational. The only thing is that when I talk about athletes, I'm talking about soccer players, skiers, javelin throwers, shot putters, track and field athletes, swimmers and bicyclists. Those are the athletes that were recognized in Austria at the time. Bodybuilding, weightlifting, it was such a new idea. It was an American thing. The whole concept was so new that it took a lot of effort for me to be heard and for them to pay attention and to say, 'OK. Let's get him weights into the base.'"

It wouldn't be the only battle in his life.

"Oh, yes, I took steroids. At that point, it was more experimental when I was competing, and then there, of course, there was more and more knowledge, and more research was done, and it exploded into the growth hormones eventually. But I think that every sport is trying everything that they can, including bodybuilding and weightlifting and power lifting, to get rid of the drugs."

It won't be easy, he said.

"It's very hard to get rid of it, but that does not mean that we should give up. I think we should always make every effort to get rid of drugs in sports."

Quoted

"My mother was always worried because she saw the pictures on my bedroom wall of naked men oiled up, and so she called the house doctor and said, 'Is there something wrong?'"

Arnold Schwarzenegger
Talking about his love of bodybuilding and his mother's initial fears for her son.

"HILARIOUS AND HEARTFELT."
Peter Travers, Rolling Stone
"A SMART, ROMANTIC COMEDY FOR GROWN-UPS."
Joe Neumaier, DAILY NEWS
Meryl Streep
Tommy Lee Jones
Steve Carell
A new comedy from the director of "The Devil Wears Prada"
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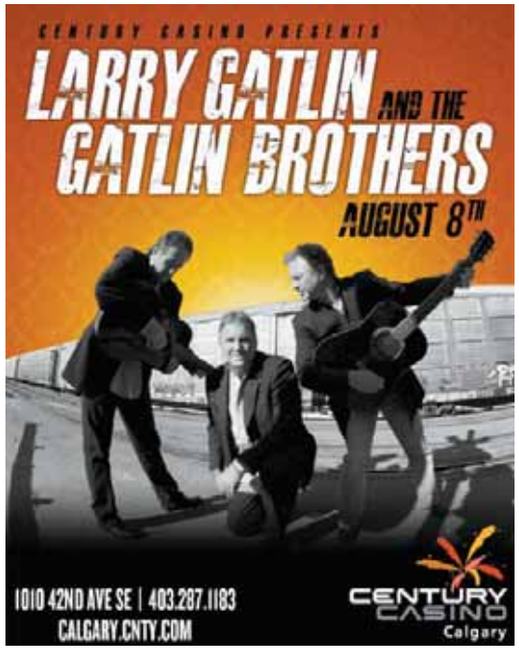

Olympic swimmer crushing on Lively

New U.S. Olympic swimming star Ryan Lochte knows what he likes when it comes to famous women. When asked by CNN's Piers Morgan what famous woman he would choose to spend the rest of his life with, Lochte responded, "Uh, right now, Blake Lively. She is gorgeous." And Lochte says he wouldn't let Lively's boyfriend, Ryan Reynolds, stand in his way if he were to meet her. "I would be like, 'Hi.' I'd be like, 'You want to go to an island with me?'" he said.

Ryan Lochte

Twitter

@NathanFillion
How's your handshake? You sure? Is it too hard? Do you pinch? People think they have it right, but don't. Seriously- check.

@Joan_Rivers
Ryan Lochte admits that he urinated in the water at the Olympics. Apparently he saw a sign that said "warm-up pool", so he did.

@kirstiealley
Ya just gotta love love..let's all OD on it... night y'all .. Love, from paradise

@SteveMartinToGo
Using tiny but powerful hotel hair dryer to jet me around room in St. Paul. Fun.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Posh Spice doesn't come cheap

THE WORD
Monica Weymouth
scene@metronews.ca

Forget the opening ceremony — the Spice Girls are reuniting for a performance at the Olympics' closing ceremony.

Unfortunately though, things don't always go smoothly when five washed-up pop stars try to squeeze back into their platform sneakers.

It seems Victoria Beckham — or, as we never stopped calling her, Posh Spice — has some wardrobe requirements.

"They are paying at least $15,000 for Victoria Beckham's hair, makeup and stylist. In comparison, the other Spice Girls cost one-fourth of what Victoria is costing," a source tells Hollyscoop of the Olympic preparations.

"All of the diva stories about Victoria are true. This is p—ing off the other Spice Girls. They don't understand why she is getting special treatment."

Allow us to explain, ladies: It's because her name is Victoria Beckham, and she could purchase half the participating countries.

Russell Brand

Brand still fighting the addiction disease

Despite 10 years of being clean and sober, Russell Brand still knows the pull of addiction.

In a scene from his upcoming BBC documentary on the subject, Brand watches footage of his younger self doing drugs and is surprised by his reaction.

"This is when you know it's a disease. It doesn't matter that I was in that flat in Hackney and now I'm in the Savoy. I'm jealous of me then," he says, according to the Daily Mail. "It doesn't make a difference to me. The money, the fame, the power, the sex, the women — none of it. I'd rather be a drug addict."

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All submissions will be treated as confidential.

metro

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PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 14, 2012. PLEASE QUOTE: "Office Manager - Calgary" in the subject line. All submissions will be treated as confidential.

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Top 5 universities you can crash at -- for less -- this summer

BY MAE GIFFORD
life@metronews.ca

5 universities to stay in

1 Ryerson University

Staying at Ryerson is cheap compared to downtown Toronto hotels. PROVIDED BY RYERSON UNIVERSITY

Price: $54 for a single bed with shared bathroom
Average price for hotel: $159
The reason to stay here is location, location, location. Situated around the corner from Yonge-Dundas Square in downtown Toronto, you're mere steps from theatres, the Eaton Centre and transit that can take you to the CN Tower. Each floor of the residence has a common lounge, kitchen and shared laundry facilities.

2 Dalhousie University

Guests at Dalhousie also get access to Dalplex, the university's athletic facility. FLICKR: BRENT EADES

Price: $31 for students, $47 for adults
Average price for hotel: $179
Located in the centre of activity in downtown Halifax, guests are close to many attractions including museums, restaurants and shopping. You'll also get free Wi-Fi and access to Dalplex, the school's athletic facility.

3 University of Prince Edward Island

Price: $53 for a single room, $69 for a double
Average price for hotel: $179
Minutes from downtown Charlottetown, guests who stay in the residence are treated to free parking as well as bed linen and towel exchange. Want to take a dip in the ocean? The beach is a 20-minute drive away.

Just 20 minutes from the beach, the University of Prince Edward Island also has free parking. HANDOUT

4 Carleton University

Price: $72.32 per person, includes taxes and all-you-can-eat buffet breakfast
Average price for hotel: $118
The nation's capital is popular during the summer and staying at Carleton is a great option for the budget-wise. Halfway between the airport and downtown, the school is close to shopping, galleries and museums. Guests who stay here also have access to the school's athletic facilities (including an Olympic-sized pool) for a small fee.

Carleton University can be a low-cost option for travellers visiting Ottawa. FLICKR: ERFANO

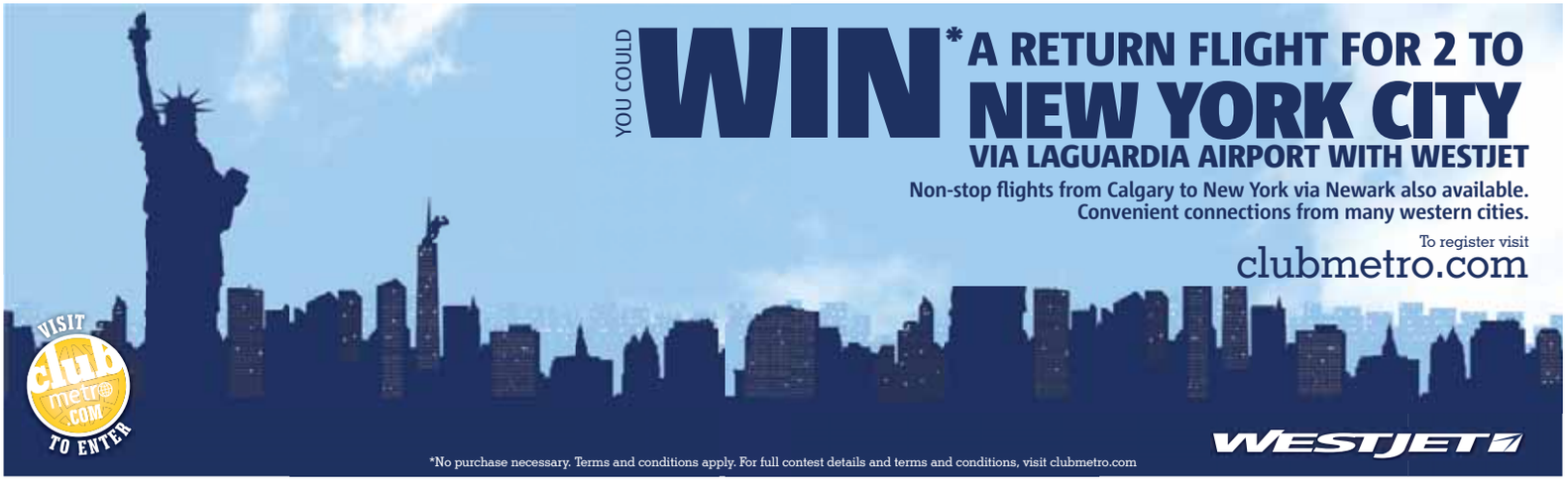
5 University of Victoria

Price: $47.20 for a single bed
Average price for hotel: $199
This picturesque city is a must-see for all Canadians, but staying near the inner harbour is pricey. The school is located about 20 minutes from downtown, and the price is right. The best part about staying here? They also throw in breakfast. Apartment-style units with four bedrooms and two bathrooms are also available for $160 per night.

The University of Victoria offers a variety of options, and includes breakfast. FLICKR: ALEJANDRO ERICKSON

On the Web

Eighties heart-throb turned travel writer Andrew McCarthy says Toronto is no longer dull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There's more to historic Tampa than just those sandy beaches

Hosting Republican Convention. From Cuban sandwiches to Greek sponge divers, the area is rich in culture and diversity

The Cheetah Hunt roller-coaster is a popular ride at Tampa's Busch Gardens amusement park and zoo. ASSOCIATED PRESS PHOTO

In a twist of irony, many of the visitors to August's Republican National Convention will travel between their hotels and the downtown event on a busy road named to honour President John F. Kennedy, who was very much a Democrat.

Kennedy Boulevard, a gateway to downtown from the west, was so named in 1964 partially because of a special connection between Tampa and the 35th U.S. president. Kennedy had waved to massive crowds lining that road from an open-topped Lincoln Continental on Nov. 18, 1963. The next time he rode in that car, four days later in a motorcade through downtown Dallas, he would be shot to death.

A statue of JFK now stands at the present site of the University of Tampa, looking out over his eponymous thoroughfare.

The Tampa-JFK connection is just part of Florida's rich presidential history. It includes Andrew Jackson's role as Florida's first territorial governor in Pensacola, Harry S. Truman's "Little White House" in Key West — the winter quarters hosted a total of total of six presidents — and the famous compound kept by the Kennedy family at Palm Beach.

After Kennedy became president, a secret bunker was installed in an island off the coast in case of a nuclear attack.

There's more in Tampa, too. A stone's throw away from Kennedy's statue is a grand structure topped with curiously ornate minarets that was once called the Tampa Bay Hotel. Built by railroad magnate Henry Plant, it was there that Roosevelt and members of the First United States Volunteer Cavalry — better known as the Rough Riders — bivouacked in 1898, before shipping out for Cuba and the Spanish-American War. Today, the building houses a museum and is a centerpiece of the stately downtown University of Tampa campus.

In more modern history, as the Tampa Bay area grew up and Florida became a critical swing state, visits by sitting presidents have become relatively common, and Tampa has become a required campaign-trail stop for any candidate who hopes to win over the many swing voters here.

For visitors to the Aug. 27-30 convention, there is plenty more to take in.

Tampa's former Latin quarter, Ybor (EE-bor) City, adjacent to downtown, was for the first half of the last century the cigar manufacturing capital of the world, with more than 200 factories once lining the

Quoted

"Every time they do a cut-away shot of the skyline of downtown Tampa or the Tampa Bay Times Forum, or show beauty shots of the beaches and the attractions, that's promoting the destination like we've never been able to promote it before."

Travis Claytor, spokesman for the area's tourism bureau.
Explaining how TV coverage of the convention will help sell Tampa as a destination.

Five places to see

1 JOSE MARTI PARK: While it's physically located in Tampa's historic Ybor City, this tiny park is really part of Cuba. Named after the revolutionary who helped oust the Spanish out of Cuba in 1900 who also spent time in Florida, the land was bought by a couple in the 1950s to honour the man himself. The couple gave the land to Cuba — but Fidel Castro took over the country a few years later. To this day, property records show that the owner of the 0.14-acre park is the "Cubano Estado," or "Cuban State."

Sunset Beach is one of the best in the Tampa area. ASSOCIATED PRESS PHOTO

2 TEDDY'S TAMPA: In 1898, before he was president, Col. Teddy Roosevelt once stayed in Tampa on his way to fight the Spanish-American War in Cuba. He and the First United States Volunteer Cavalry — also known as the Rough Riders — bivouacked and planned the invasion at the Tampa Bay Hotel, an ornate structure with silver minarets built by a railroad magnate. The building is now part of the campus of the University of Tampa.

3 MAFIA CEMETERY: Did you watch the movie Donnie Brasco? Remember how Donnie and Sonny Black met up with famed mobster Santo Trafficante Jr., the mafia boss of Florida and Cuba? In Tampa, you can see Trafficante's final resting place at the L'Unione Italiana Cemetery in Ybor City. Trafficante died in 1987 at a Houston hospital after a triple bypass.

4 SUNSET BEACH: Almost all of the Tampa-area beaches are located west of the city in Pinellas County, and all of them are gorgeous. But one of the nicest and most secluded is Sunset Beach, nestled at the tip of a small beach city named Treasure Island. There are few businesses on this part of the barrier island but it's mostly homes and condos.

5 ST. PETERSBURG WATERFRONT: Downtown Tampa is mostly concrete and steel, but across the bay is a kinder, gentler cityscape. You can stroll along parks and the waterfront between the historic, Mediterranean-revival Vinoy Renaissance Resort and Golf Club and the new, eye-popping Salvador Dali Museum. Pass by the Museum of Fine Arts, a marina, a yacht club and some gorgeous banyan trees. On nearby Beach Drive, cafes, bars and stores line the street.

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The main beach at Caladesi Island State Park, a barrier island along the Gulf of Mexico, on Florida's West Coast, offers warm turquoise waters and white sands. CRAIG LITTEN/ASSOCIATED PRESS

The Tampa Bay Times Forum, home of the NHL's Tampa Bay Lightning, will host the Republican National Convention on Aug. 27 to 30, 2012.. REINHOLD MATTAY/ASSOCIATED PRESS

narrow streets. That heritage is celebrated here, and still alive in the cigar shops mixed in among the bars and restaurants in what is now a bustling entertainment district.

In the so-called "Cigar City," aficionados can put fire to a fine stogie rolled minutes before right in the window of one those Ybor City shops.

Don't fancy a cigar? Then how about a Cuban sandwich? That's the other product that virtually synonymous with Tampa and is similarly interwoven into its history.

A staple of the early immigrant communities in Ybor City, the sandwich of ham, roasted pork, Swiss cheese, pickles and mustard on pressed Cuban bread remains a Tampa favourite, with many restaurants and sandwich shops claiming to have the best or most authentic version. (Like pizza, Cuban sandwiches are hardly ever bad, regardless of who makes them.)

The area is expected to benefit directly from the convention to the tune of around $175 million, according to the host committee, and down the road it will attract potential visitors from the millions of people watching it on TV around the world. The event will attract three times more media members than the Super Bowl, which Tampa has hosted four times.

"It's coverage that you can't buy," said Travis Claytor, spokesman for the area's tourism bureau. "Every time they do a cut-away shot of the skyline of downtown Tampa or the Tampa Bay Times Forum, or show beauty shots of the beaches and the attractions, that's promoting the destination like we've never been able to promote it before. This is an opportunity that has never come along before, and it's priceless, to be honest with you."

Tampa will be the focus for convention visitors, of course, with its big-city skyline, world-class aquarium, Busch Gardens theme park, Hard Rock Hotel & Casino, and the riverfront arena where all the convention floor action will take place. But the area is what it is — cool and cosmopolitan enough to attract Super Bowls, NCAA Final Four tournaments and now, a political convention — because of St. Petersburg, Clearwater and the rest of what is collectively known as "Tampa Bay."

Visitors will do themselves a disservice if they don't cross the bay and check out St. Petersburg's stunning waterfront downtown area, as well as the youthful vibe of Clearwater Beach. Some of the best white-sand beaches anywhere are close by, too. Two of them — Fort DeSoto Park and Caladesi Island — have topped the list from Stephen P. Leatherman, a Florida International University professor dubbed "Dr. Beach" for his annual rankings of the nation's best coastlines.

Just north of Clearwater is Tarpon Springs, a small town established by Greek immigrant sponge divers in the early 20th century whose descendants have worked hard to maintain the distinct Mediterranean flavour. The sponge docks now cater to tourists with a string of wonderful Greek restaurants, bakeries and gift shops.

"It was pre-sented (to the RNC) as a complete area and all we have to offer," said convention host committee spokeswoman Aileen Rodriguez. "The community really came together to put the bid together and get it in. Now we're excited about showcasing the whole area to the guests who are coming into Tampa Bay."

Delegates and other visitors will be utilizing hotels on both sides of the bay, with a network of as many as 400 buses shuttling them to and from the Tampa Bay Times forum for the four nights of the convention.

THE ASSOCIATED PRESS

In the area

Many other communities around Tampa are also well worth a visit:

- **St. Petersburg**. A much more welcoming waterfront and downtown than Tampa's, and a number of great museums and galleries.
- **Clearwater.** Excellent beaches with a younger, hipper vibe.
- **Tarpon Springs.** Once a sponge fishing village founded by Greek immigrants, it's retains an Old World flavour.

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Squam Lakes look even better in person

Setting for On Golden Pond. Thirty years after the popular film, travellers are still discovering the beauty of New Hampshire

It's been more than 30 years since the movie On Golden Pond revealed the natural beauty of New Hampshire's Squam Lakes to a worldwide audience. Truth is, it's even more wonderful in real life.

Boating

Squam Lakes comprises Little and Big Squam, which are dotted by a number of islands and coves providing sanctuary for those famous loons and other wildlife, including bald eagles.

Canoe and kayak rentals are available at the Squam Lakes Association (www.squamlakes.org).

Or relax on the Squam Lakes Science Center (www.nhnature.org) cruise and get the dish on making the movie, too.

Walking

Though it gets a little touristy, the view from Rattlesnake Mountain (www.nhdfl.org) is spectacular. There are woodland trails at The Loon Center (www.loon.org), whose gift shop is packed with cute stuff you never knew you needed.

Dining, Drinking

Don't miss the Inn Kitchen + Bar at The Squam Lake Inn (www.squamlakeinn.com) whose unbelievably delicious goodies are seasonal locavore. The wines are boutique. Apart from being in an 1890s New Hampshire inn, the restaurant wouldn't be out of place in Sideways. Don't miss: A stack of portobellos sandwiched with tangy goat cheese, parmesan-crusted baked haddock with melt-in-the-mouth polenta and frozen key lime pie.

The quaint Corner House Inn (www.cornerhouseinn.com) has an upstairs bar packed with stuffed animals and bric-a-brac. The funky Common Man (www.thecman.com) has exposed post and beam from trees that probably grew before the Revolutionary War. An upstairs lounge and outdoor deck offer nightlife options.

Stay

The Inn on Golden Pond (www.innongoldenpond.com) was built in 1879, originally as a private home, and is set on 50 acres of beautiful undeveloped woodland.

It's very spacious, with a dining room, sitting room, TV room and an office with a computer. Free Wi-Fi is available throughout.

You can even eat a home-cooked breakfast with hummingbirds fluttering by the window.

The Manor on Golden Pond (www.manorongoldenpond.com) was built as a private mansion and is now a genteel resort with eclectic guest rooms — everything from bohemian boudoir to rugged rustic — tennis courts, an outdoor pool and peaceful Seasons spa — perfect for a little "me time."

THE ASSOCIATED PRESS

Squam Lakes are nestled in New Hampshire's rolling, thickly wooded mountains. FLICKR: MJMKEATING

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Skip tired barbecue toppings and finish steak with chimichurri sauce

Steak with Chimichurri Sauce

This recipe serves four. THE CANADIAN PRESS H/O

Excellent cuts of barbecued beef suit Canadians' summer lifestyle to a T — simple, great-tasting food grilled to perfection. In this rendition, chimichurri sauce is used.

1. In a food processor, combine parsley, coriander, mint, garlic, cumin, salt and cayenne; pulse until garlic is minced. Add vinegar and mix. Gradually add oil, mixing until thoroughly combined. (Chimichurri can be made up to 1 day in advance. Cover and refrigerate until ready to use or freeze for up to 1 month.)

2. Generously season beef with salt and pepper. Place on greased grill over medium-high heat; close cover and grill for 4 to 6 minutes per side for medium-rare.

3. Meanwhile, if not using vine tomatoes, thread cherry tomatoes on small skewers (if using wooden skewers, soak for about 20 minutes first). Place tomatoes on grill and cook for last few minutes of grilling, just until warmed through. Serve with steak.

Ingredients

Grilled Steak
- 4 beef tenderloin grilling steaks (each 180 g/6 oz) or your favourite cut of grilling beef
- Salt and pepper, to taste
- 1 pkg (200 g) on-the-vine cherry tomatoes or 375 ml (1 1/2 cups) cherry tomatoes

Chimichurri Sauce
- 250 ml (1 cup) chopped fresh parsley
- 125 ml (1/2 cup) each chopped fresh coriander and mint
- 2 cloves garlic, chopped
- 2 ml (1/2 tsp) ground cumin
- 1 ml (1/4 tsp) salt
- Generous pinch cayenne pepper
- 45 ml (3 tbsp) red wine vinegar
- 150 ml (2/3 cup) olive oil

4. Drizzle each steak with 30 ml (2 tbsp) chimichurri. Serve remaining chimichurri sauce on the side. FOODLAND ONTARIO/ THE CANADIAN PRESS

Drink of the Week

Sip Brazil's sweet Caipirinha cocktail

Caipirinha, considered Brazil's national cocktail, is a celebrated beverage. Make a variation with watermelon for the perfect party sip.

- 1 lime
- 5 quarter-sized slices ginger
- 10 ml (2 tsp) sugar
- 6 chopped mint leaves
- 60 ml (2 oz) watermelon puree
- 60 ml (2 oz) cachaca
- 30 ml (1 oz) grenadine
- Ice

Muddle lime, ginger, sugar and mint and transfer to a cocktail shaker. Add watermelon puree, grenadine, cachaca and ice. Shake. Pour into a glass and serve. THE CANADIAN PRESS/ WATERMELON.ORG

Behold the future (maybe). Personal Jetpacks are now real

Jenna Lee didn't get as high as she wanted, and it wasn't for lack of trying.

In fact, the 23-year-old Brick Township, N.J., woman was perfectly sober as she tried to soar over the surface of Barnegat Bay.

She was using a JetLev, a mechanical contraption seemingly right out of The Jetsons that lets users hover above and fly over the surface of the water. It's become one of this summer's must-do attractions at the Jersey shore for anyone with $75.

"It was awesome!" she exclaimed after her flight site over the bay near the Route 37 bridge in Ocean County.

The contraption gained some notoriety a few weeks ago when Jenny "JWoww" Farley of MTV's Jersey Shore tried one out.

JetLev is a contraption that lets users hover and fly above the surface of the water. THE ASSOCIATED PRESS

JWoww approved

Actually, they've been around since 2004, but few people noticed before they appeared on Jersey Shore

- **Started by a Canadian.** Raymond Li in Dania Beach, Fla.
- **Not cheap.** About $100,000 to buy, but only $75 for 15 minutes.

Started in 2004 by Raymond Li, a Canadian, the JetLev went through years of testing and revision and hit the market a few months ago. Anthony Manasia, an employee of Jersey Shore Watercraft Rentals, which owns two of the devices, said they cost $100,000 apiece.

JetLev, based in Dania Beach, Fla., says it has about 100 units in use at 20 centres around the country.

The Berkeley, N.J., rental facility charges $130 for a half-hour flight, or $75 for 15 minutes.

The device resembles a backpack with handles and two powerful jet nozzles, connected by a long black hose to a 10-foot boat that trails behind the user in the water and forces water through the hose and out the nozzles, creating the lift that propels the wearer into the air.

A supervisor on a nearby vessel controls the speed of the jets, and thus the height of the flier. THE ASSOCIATED PRESS

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Wonder worker: Everyone (even this guy) has a hero inside them waiting to hatch. ISTOCK

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self discipline and perseverance are crucial

Becoming an office Olympian

Work to win. Channel the athlete's outlook in every day life

LEAH RUEHLICKE
TalentEgg.ca

As London is alive with athletes embracing the Olympic motto and going faster, higher and stronger, the work force is alive with employees practicing these same strategies for success.

Workplace competition is inescapable these days, what with interns fighting for that one available position, and everyone and their brother hoping for a promotion. Donovan Bailey is a pro at going for the gold. You can be too – and you can do it in the most professional and appropriate way possible.

Recognize the importance of training

Every week you should be analyzing your performance. Did you meet your targets? Where and why did you fall short? Evaluating your performance and taking steps to improve — whether it be embarking upon further training courses or practicing some basic strategies — is going to help you become the strongest employee you can be.

Overcome obstacles

Every athlete has to learn how to pick themselves up after a setback. That high jump bar you just can't clear? The hurdle you keep knocking over? Athletes need to keep their eye on the prize in order to keep going when the going gets tough.

Similarly, we face obstacles in the workplace as well. Not getting the promotion you wanted. Being rejected from a job you thought you had in the bag. Keeping your eyes on your ultimate goal and focusing your attention on what steps you can take to get there will help you find yourself on the workplace podium sooner rather than later.

Water world

H2O is your new best friend

- A healthy athlete is a hydrated athlete. A healthy employee is one who drinks lots of water in order to keep their mind fresh. Simple as that.

Push yourself

Preparing for the Olympics is an insane time commitment. You eat, sleep and breathe Olympic training. Therefore, maintaining focus and working towards constant improvement is your key to success. At work, it is easy to fall victim to doing the bare minimum and settling into where you are instead of working towards where you could be. Pushing yourself to work harder and surpass expectations is where you are going to find your career success.

Go for the gold

"Keeping your eyes on your ultimate goal and focusing your attention on what steps you can take to get there will help you find yourself on the workplace podium sooner rather than later."
Leah Ruehlicke

Stick to friendly competition

Rivalry between co-workers who are fighting for the same positions can get heated as they fall under the pressure of trying to prove themselves. Standing out is one thing. Doing it maliciously is quite another. Although it's natural to want to win, remember that you are on a team. Do your best, but not at the expense of others.

Be a lover not a fighter

Nothing says Canadian pride like your whole house crowding around the TV and cheering on our Olympians. Not only that, but the athletes who are competing are just as supportive of each other and just as eager to cheer each other on. At work, embrace the idea of being a team and supporting your peers. Rooting for others will encourage them to do the same for you (and make them want to work more closely with you!)

LEAH RUEHLICKE IS A MARKETING/EDITORIAL ASSISTANT AT TALENTEGG, AND A RECENT CULTURAL STUDIES AND ENGLISH GRADUATE FROM TRENT UNIVERSITY.

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What pressure? Raonic delights hometown crowd

Tennis. Canada's top-ranked player records first Rogers Cup win in straight sets

Milos Raonic is the last Canadian left in the Rogers Cup men's tournament.

Raonic disposed of Viktor Troicki of Serbia 6-3, 6-4 on Tuesday, while fellow countrymen Frank Dancevic and Vasek Pospisil lost their matches.

Raonic said he felt no unusual pressure playing before his hometown crowd in Toronto.

"Obviously it's a little bit different when you got on the court, but before the match I really didn't change anything the way I would normally," he said.

The 21-year-old from Thornhill, Ont., appeared completely at ease as he recorded the first Rogers Cup victory in his short, rapidly rising career.

His next opponent could be Olympic champion Andy Murray who plays in the tournament Wednesday. "I played him earlier this year," Raonic said. "I know if I play well, I'll have my opportunities."

Earlier in the day, Juan Monaco of Argentina defeated Pospisil of Vancouver 7-5, 6-4 and Mikhail Kukushkin of Kazakhstan defeated Dancevic of Niagara Falls, Ont., 6-3, 7-5.

Raonic's serve is his biggest weapon and he hammered seven aces in the match that took one hour eight minutes to play.

He would like to continue to improve other aspects of his game so that as his career evolves he will be known for more than a big serve.

"I hope so," he said. "That's definitely the plan. That's what I am going to need to do if I am going to achieve the things I want to achieve.

"But no matter what, my serve is going to be my best part and probably the first thing that comes out of people's mouths when they sort of come to describe me. Maybe at one point people will get sick of talking about it and I'll be doing something else well."

THE CANADIAN PRESS

Quoted

" I sort of came out and was pretty fluid and relaxed throughout the match from the beginning to the end."

Milos Raonic said he didn't feel any pressure during his win on Tuesday

Canada's Milos Raonic plays a shot against Serbia's Viktor Troicki during the Rogers Cup in Toronto on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

In Montreal

Rest not an option for Azarenka

It's been a hectic time for Victoria Azarenka, but it has not kept the world's top-ranked women's tennis player away from the women's Rogers Cup.

Azarenka arrived in Montreal on Tuesday from the London Olympics, where she won bronze in singles and then gold in mixed doubles with Belarus compatriot Max Mirnyi.

"It's not easy to regroup mentally because you want to celebrate a bit, but you have no time," Azarenka said Tuesday. "But I'm happy to be here."

THE CANADIAN PRESS

Victoria Azarenka in Montreal on Tuesday. GETTY IMAGES

Longoria gives Rays boost vs. Blue Jays

Rays designated hitter Evan Longoria knocks in a run with a sacrifice fly against the Blue Jays on Tuesday in St. Petersburg, Fla. J. MERIC/GETTY IMAGES

James Shields threw eight strong innings, Evan Longoria drove in a run in his return from an injury, and the Tampa Bay Rays beat the Toronto Blue Jays 4-1 on Tuesday night.

Shields (10-7) allowed one run and two hits. The right-hander was coming off a three-hit shutout last Tuesday at Oakland.

Longoria rejoined the Rays after missing 85 games because of a partially torn left hamstring. He went 1-for-3 with a sacrifice fly as the designated hitter.

Fernando Rodney pitched the ninth for his 33rd save and completed the three-hitter. The closer set a team record for relievers — breaking the mark set by Joe Borowski (21) in 2005 — by extending his shutout streak to 22 consecutive innings.

Tuesday's game

Rays	Blue Jays
4	1

Longoria got a standing ovation before his first at-bat in the second, when left-hander J.A. Happ (0-1) reached behind his legs to glove a grounder and then threw out the three-time all-star.

Colby Rasmus hit his 20th homer, a solo shot in the fourth, that got Toronto within 3-1. Rasmus, who had missed the previous two games because of tightness in his right groin, singled in the ninth.

Happ, making his first start with the Blue Jays, gave up four runs and seven hits in 4 1/3 innings. He had made four relief appearances since being acquired from Houston on July 20. THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

Punctures. Broken saddles. Shoe issues. The Olympics is not the place for a cyclist to have a mechanical malfunction. Some problems can't be anticipated. But for the rest, the Canadian track cycling team has veteran mechanic Sandy MacDonald. Scan the code for the story.

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Finishing on a high note: Drouin overcame injury to win bronze

High jump. Three-time NCAA champion wins Canada's first medal in high jump since 1976

A year ago at this time, Derek Drouin was barely walking, let alone leaping.

The 22-year-old from Corunna, Ont., had suffered a lisfranc fracture, a gruesome foot injury that has ended the careers of countless athletes, and one that his doctor warned may keep him off Canada's Olympic team.

Certainly no one watching Tuesday night would have guessed that as he captured bronze in the men's high jump, Canada's first track-and-field medal at the London Olympics and its first in the event since Greg Joy's silver at the 1976 Montreal Games.

"That was the amazing thing," said his coach Joel Skinner, a high school teacher in Sarnia, Ont. "He struggled with it, got over it, was determined, came back from it. He has come back from this lisfranc fracture to win an Olympic medal and a lot of people need to know about that because it's just an amazing feat."

Drouin finished in a three-way tie with Britain's Robert Grabarz and Qatar's Mutaz Essa Barshim. All three cleared 2.29 metres without any misses then missed three attempts at 2.33 metres.

Ivan Ukhov of Russia won the gold with a jump of 2.38 metres while American Erik Kynard took silver with 2.33.

Mike Mason of Nanoose Bay, B.C., was eighth with 2.29, narrowly missing on one of his attempts at 2.33 metres that would have put him in the medals.

Drouin suffered the injury in March 2011 when he planted his right takeoff foot an odd way. The mid-foot injury results when the metatarsal bones are displaced.

"My doctor made it very clear that if I was going to qualify (for London) it was going to be very, very tight. The rehab was extensive, it was very long," Drouin said.

It was a remarkable turn of events for an athlete so young competing on sport's biggest stage. The London Olympics represented Drouin's first national senior team appearance. The largest crowd he'd ever jumped in front of before the Olympics was at Penn Relays one year when Jamaican superstar Usain Bolt was racing.

But the young jumper wasn't overwhelmed competing before some 80,000 people Tuesday night.

"He's a rare one. He doesn't get rattled by too much, he has great focus, and thinks of everything as just another track meet," said Skinner.

For the better part of two hours, he made sure his eyes didn't stray up beyond the first couple of rows at Olympic stadium. Drouin looked at the high jump pit, and he looked up at his coach sitting a couple of rows up from track level, and not much else.

"I do a good job of getting out there and not noticing everything," he said. "I did not notice how big this stadium actually was until I was doing my victory lap."

THE CANADIAN PRESS

Quoted

"Basically my goal was just to get through the season and get to the Olympics."

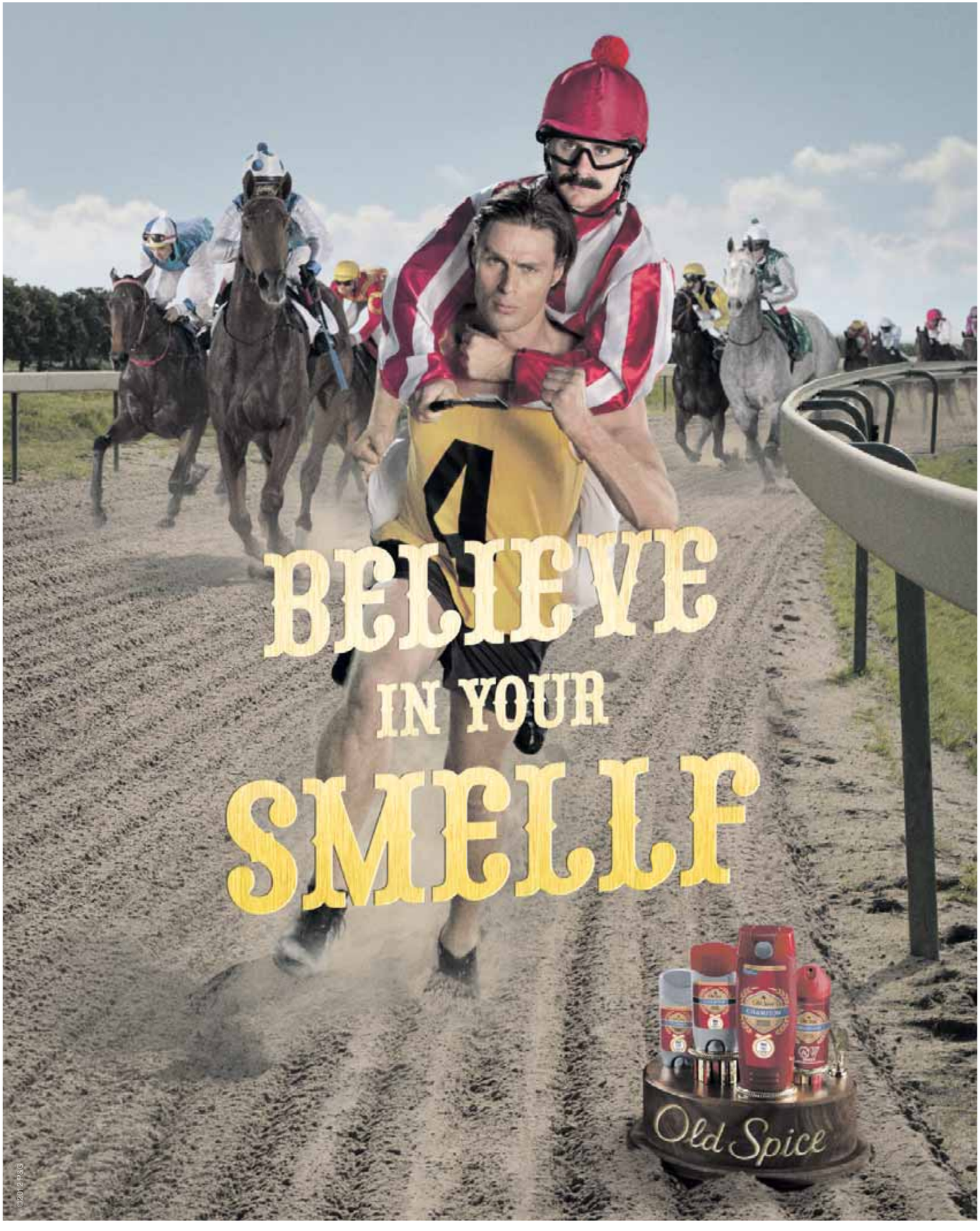
Derek Drouin, bronze-medal winner in the men's high jump, who had surgery to secure his foot with screws and then was sidelined for eight months.

Derek Drouin wraps himself in the Canadian flag as he celebrates his bronze in the men's high jump finals Tuesday at Olympic Stadium in London.

SEAN KILPATRICK/THE CANADIAN PRESS

On the track

- Drouin's success at the Olympic Stadium could not be matched by Phylicia George of Markham, Ont., and Calgary's Jessica Zelinka on the track.
- Both qualified for the final of the women's 100-metre hurdles, but George wound up sixth in 12.65 seconds, while Zelinka was seventh in 12.69 seconds.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Canadian women eager to turn page

Canada's captain Christine Sinclair celebrates scoring her third goal against the U.S. on Monday in Manchester, England. JON SUPER/THE ASSOCIATED PRESS

Canadian women's soccer coach John Herdman says his players have to pick themselves up following their crushing Olympic semifinal loss to the United States.

"These next days are going to be crucial," Herdman said on a conference call Tuesday. "We can just minimize distractions and be ready to get absolutely clear about achieving the task and making the country proud by seeing that flag rise."

But the distractions continued ahead of Thursday's bronze-medal game with France as FIFA announced it is investigating comments made after Monday's dramatic 4-3 lost to the Americans.

Canadian players, including captain Christine Sinclair, were critical of Norwegian referee Christiana Pedersen's decisions.

Quoted

"I'm trying not to give it any power or attention at this point until it becomes something that affects the team."

Canadian women's soccer coach John Herdman on possible disciplinary action against his team

Sinclair, who scored all three of Canada's goals, said moments after the final whistle that "the ref decided the result before the game started."

A spokesman for the Canadian Soccer Association said the team will not comment on the investigation until FIFA makes a decision.

Herdman, meanwhile, is focusing on getting the team ready for France.

The coach said he does not plan to talk to Sinclair about her comments.

With Canada up 3-2 against the favoured Americans, Pedersen awarded an indirect free kick to the U.S. inside the 18-yard box after Canadian goalkeeper Erin McLeod was penalized for holding on to the ball too long.

The indirect kick resulted in Canada being called for a hand-ball infraction in the box, and U.S. star Abby Wambach scored to tie the score 3-3 with 10 minutes to go in regulation time.

Herdman wouldn't criticize Wambach who lobbied the official to make the call on McLeod.

"She knows how to win football matches," said Herdman. "At the end of the day, this is why teams go on and win. They find ways to win. If Abby's done that, then good on her. She's found a way to find a loophole in the system that might punish a team."

Alex Morgan then won the game for the U.S. on a header in the last minute of extra time. THE CANADIAN PRESS

Redemption?

France beat Canada at the 2011 World Cup, and Canada's 0-3 record at the tournament led to Herdman's hiring as coach in place of the departed Carolina Morace.

Diving. Despatie 11th in fourth and final Olympics

Ilya Zakharov of Russia scored 104.50 points on his last dive to win the three-metre springboard at the London Olympics, spoiling China's bid to sweep all eight diving events.

Zakharov totalled 555.90 points in the six-round final Tuesday night. Qin Kai of China took the lead into the last round, but he settled for silver at 541.75.

He Chong, the defending champion and Qin's teammate, earned the bronze at 524.15.

Alexandre Despatie of Laval, Que., finished 11th in his final Olympics.

"My objective this year was to compete at my fourth Olympics," said the 27-year-old, who suffered a serious injury in training in June. "I had a lot of roadblocks on the way and I pushed myself to the limit to get there.

Alexandre Despatie performs in the men's three-metre diving final in London. THE CANADIAN PRESS

"It was the most taxing year of my life and just to be here was something special to me. I was lucky to be here in the first place." THE ASSOCIATED PRESS/THE CANADIAN PRESS

Synchronized swimming

Russians reprove dominance in duet

Natalia Ishchenko and Svetlana Romashina extended Russia's domination of synchronized swimming with an Olympic gold medal in duet on Tuesday.

The Russians improved on their free score from the prelims, finishing with a total of 197.100 points. They haven't lost an Olympic synchro event since the 1996 Atlanta Games.

The only real drama was for silver, which went to Spain's Ona Carbonell and Andrea Fuentes with 192.900 after a lively, Tango-themed routine that had the crowd at the Aquatics Centre clapping along nearly the whole way.

China's Huang Xuechen and Liu Ou finished third with 192.870. THE ASSOCIATED PRESS

Wednesday's 3 to watch

1 Equestrian

Defending champion Eric Lamaze, of Schomberg, Ont., pictured, and 10-time Olympian Ian Millar, of Perth, Ont., will represent Canada in the individual jumping event.
Time: 7:55 a.m.
Channel: TSN

2 Women's beach volleyball

It's an all-American final.

Kerri Walsh Jennings and Misty May-Treanor will face April Ross and Jennifer Kessy, pictured, for the gold medal.
Time: 2 p.m.
Channel: TSN

3 Women's wrestling

Hazelton, B.C.'s Carol Huynh returns to the Olympic mat to try to defend her gold medal from the 2008 Beijing Games in the 48-kg weight class. Huynh is one of Canada's best chances for a medal on Wednesday.
Time: 6:20 a.m.
Channel: Sportsnet

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Van Koeverden, Oldershaw confident ahead of final races

Mark Oldershaw, left, speaks with Adam van Koeverden on the waters of Eton Dorney on Monday.

STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Canoe- kayak. Canadian paddlers look to past experiences to prepare for Olympic pressure

He's one of the faces of the Canadian team and on Wednesday he'll be going for gold at the London Olympics.

Kayaker Adam van Koeverden will be a favourite in the K-1 1,000 metres after looking very impressive in winning his heat and semifinal on Monday.

The reigning world champion from Oakville, Ont., hopes to put down one of the best efforts of his career.

"I've had a few other performances of my life," he said. "But it's new though, it's always new. I'm putting a lot of pressure on myself, which is good, I think.

"I just want to race fast."

Van Koeverden has won gold, silver and bronze over the last two Summer Games. He's just racing the 1,000 here since the 500-metre race has been replaced with a 200-metre sprint.

His good friend, canoeist Mark Oldershaw of Burlington, Ont., will line up in the C-1 1,000-metre final. Oldershaw said he's confident even though it's an impressive field.

"There's two Olympic champions there, I think two world champions, the current European champion and there's me," Oldershaw said. "I feel like I can beat them. I've beat them all at World Cup. I know I can beat them but I don't have that pressure that they all have."

THE CANADIAN PRESS

Quoted

"I'm just going out there, having a great time, seeing what I can do and hopefully beat all of them."

Canadian canoeist Mark Oldershaw

Family ties

Carrying on a Canadian canoeing dynasty

Mark Oldershaw is ready for his final event with his canoe, his paddle and a lot of family history.

The Oldershaws are a canoeing dynasty in Canada, with three generations reaching Olympic finals.

In 1948, Bert Oldershaw was part of a flatwater canoe doubles team that finished fifth in a 10,000-metre final at the London Olympics — just miles from where his grandson is competing. His sons — Dean, Reed and Scott — all competed at Summer Games across the 1970s and '80s. Mark, Bert's grandson, qualified for Wednesday's 1,000-metre C-1 final on Monday.

"To do it back here in London, where my grandfather started the whole thing, is pretty special for me," Mark Oldershaw said. "It feels good to get the name back in the final again." THE CANADIAN PRESS

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Boxing

Clayton narrowly loses in quarters

Custio Clayton gave Canadian boxing a shot in the arm early in the Olympic men's welterweight tournament.

He came within a few punches of doing much more than that Tuesday night at ExCel South Arena 2.

With a semifinal appearance and a guaranteed medal on the line, Clayton fought European champion Freddie Evans to an even 14-14 score but the Brit won on a countback to advance.

The countback is used to break scoring ties. Officials count the number of punches thrown in the fight and the boxer with the higher total wins. The final punch statistics aren't normally released.

The Canadian team filed a protest later in the evening but it was rejected by the International Amateur Boxing Association, according to the team's media attache. The Canadian team said in the failed appeal that Evans should have been given a warning after receiving a third caution for the same foul.

A warning gives two additional points to the opponent. The venue's media manager said officials planned to review the video, but there was no immediate word on when a decision would be announced.

THE CANADIAN PRESS

Whitfield bows out of race after crash on bike

Triathlon. Former gold medallist fails to finish competition in what could be his last Olympic appearance

Simon Whitfield intended to throw a final haymaker in his fourth Olympic triathlon. He didn't get beyond cocking his fist.

Within seconds of getting onto his bike, the 37-year-old crashed spectacularly in a freak accident Tuesday at the London Games and couldn't continue.

Whitfield watched Britain's Alistair Brownlee win gold from the medical tent while he received stitches in his toe and treatment for other assorted hurts.

The Olympic champion of 2000 and silver medallist of 2008 may have been a medal longshot in London, but he'd invested heavily in one last go at the podium.

Whitfield's chin dropped to his chest while speaking of the time away from wife Jennie and their two young daughters Pippa Katherine and Evelyn.

When he met with his family under the grandstand, he said five-year-old Pippa Katherine had a bouquet of maple leaves for him.

"My breakdown moment was seeing my wife because I know how much Jennie puts into this and we're a team and she's put in so much sacrifice being at home a lot alone," Whitfield said. "It was hard to see my daughter upset, my wife upset and I was pretty upset. That means it means something, doesn't it?"

Spaniard Javier Gomez earned silver and Brownlee's younger brother Jonathan took bronze. It wasn't a banner day for the Canadian team. Kyle Jones of Oakville, Ont., was disappointed in his 25th-place finish. Victoria's Brent McMahon was 27th.

Whitfield came out of the 1.5-kilometre swim in the Serpentine in 15th. He hadn't even got his bare feet into his shoes when he lost control of his bike coming off a speed bump.

His bike wheels skidding sideways, the front wheel of competitor Leonardo Chacun made contact with the back of Whitfield's bike. The Costa Rican was dashed against the pavement while Whitfield careered toward the metal crowd barrier to his left, eventually falling as well with his bike cartwheeling in front of him.

THE CANADIAN PRESS

Canada's Simon Whitfield talks to reporters after crashing in the men's triathlon on Tuesday.

SEAN KILPATRICK/THE CANADIAN PRESS

Day 11 results

MEDAL STANDINGS

200 of 302 total medal events

Nation	G	S	B	Tot
China	34	21	18	73
United States	30	19	21	70
Britain	22	13	13	48
Russia	10	18	20	48
Japan	2	13	14	29
France	8	9	11	28
Germany	6	14	7	27
Australia	4	12	9	25
South Korea	12	5	6	23
Italy	7	6	4	17
Netherlands	5	3	6	14
Canada	**1**	**3**	**7**	**11**
Hungary	4	2	3	9
New Zealand	3	1	5	9
Ukraine	3	0	6	9
Romania	2	5	2	9
Iran	4	3	1	8
Belarus	3	2	3	8
Denmark	2	4	2	8
Brazil	2	1	5	8
Poland	2	1	5	8
Kazakhstan	6	0	1	7
Cuba	3	3	1	7
Sweden	1	3	3	7
Spain	1	4	1	6
North Korea	4	0	1	5
Czech Republic	1	3	1	5
Kenya	1	2	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Jamaica	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Colombia	0	3	1	4
Slovakia	0	1	3	4
Croatia	2	1	0	3
Georgia	1	1	1	3
Armenia	0	1	2	3
Azerbaijan	0	1	2	3
Belgium	0	1	2	3
India	0	1	2	3
Dominican Republic	1	1	0	2
Switzerland	1	1	0	2
Lithuania	1	0	1	2
Egypt	0	2	0	2
Estonia	0	1	1	2
Indonesia	0	1	1	2
Mongolia	0	1	1	2
Norway	0	1	1	2
Serbia	0	1	1	2

WHAT CANADA DID

Tuesday at the 2012 London Olympics

ATHLETICS

Men's 200m — First Round Qualifying — Aaron Brown, Toronto, finished third in heat two qualified with a time of 20.55. Tremaine Harris, Markham, Ont., finished fifth in heat five and qualified with a time of 20.70. Jared Connaughton, New Haven, P.E.I., finished third in heat seven and qualified with a time of 20.72.

Men's 800m — Semifinals — Geoffrey Harris, Halifax, finished seventh in heat three and failed to qualify with a time of 1:46.14.

Men's High Jump — final — Derek Drouin, Corunna, Ont., won a bronze medal (2.29). Michael Mason, Nanoose Bay, B.C., finished eighth.

Women's 200m — Semifinals — Crystal Emmanuel, Toronto, finished seveth in heat three with a time of 23.28 and failed to qualify.

Women's 100 Hurdles — Semifinals — Nikkita Holder, Pickering, Ont.. finished sixth in heat one with a time of 12.93 and failed to qualify. Finals — Phylicia George, Markham, Ont., finished in sixth with a time of 12.65 and Jessica Zelinka, Calgary, finished in seventh with a time of 12.69.

Women's 5000m — First Round Qualifying — Sheila Reid, Canada, finished in 15th in heat two and failed to qualify with a time of 15:27.41.

Women's Javelin — Qualifying — Elizabeth Gleadle, Canada, (60.26), 197-8, finished sixth in group one and qualified.

BASKETBALL

Women's quarterfinal — Canada was defeated 91-48 in their quarterfinal game against the U.S. Kim Smith, Mission, B.C., scored 13 points, while Chelsea Aubry, Kitchener, Ont., added 10.

BOXING

Men's Welter (69kg) — Custio Clayton of Dartmouth, N.S., lost his quarter-final match to Freddie Evans of Great Britain. The result was 14-14, but Evans won on a countback.

CANOE/KAYAK

Women's Kayak Singles 500 — Semifinals — Emilie Fournel, Lachine, Que., finished sixth in heat one and failed to qualify with a time of 1:54.120.

CYCLING (TRACK)

Women's Omnium — Final Ranking — Tara Whitten, Edmonton, finished fourth with (7; 3; 8; 3; 6; 10) 37 points.

DIVING

Men's 3m Springboard — Alexandre Despatie, Laval, Que., finished in 11th with a combined score of 413.35. Francois Imbeau-Dulac, St-Lazare, Que., finished 13th in the semifinal with a combined score of 440.20 and failed to qualify for the final.

EQUESTRIAN

Individual Dressage — Ashley Holzer, Toronto, finished 24th place with a score of 71.

SAILING

Men's Windsurfer — Zac Plavsic, Vancouver, finished eighth (100).

Women's Windsurfer — Nikola Girke, West Vancouver, B.C., finished 10th (109).

Men's 470 — Mike Leigh, Vancouver, and Luke Ramsay, Vancouver, were 25th (179).

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau Gagnon, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished in fourth with a two-day combined total of 189.20.

TRIATHLON

Men — Kyle Jones, Oakville, Ont., finished 25th with a time of 1:49:58. Brent McMahon, Victoria, finished in 27th with a time of 1:50:03 and Simon Whitfield, Victoria, did not finish the race.

SOCCER

MEN

SEMIFINALS
Tuesday, Aug. 7
At Wembley, England
Mexico 3, Japan 1
At Manchester, England
Brazil 3, South Korea 0
BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

WOMEN

Tuesday, Aug. 7
Quarterfinals
Australia 75, China 60
United States 91, **Canada 48**
Russia 66, Turkey 63
France vs. Czech Republic
At North Greenwich Arena
Thursday, Aug. 9
Semifinals
Australia vs. United States, Noon
Russia vs. France-Czech Republic winner, 4 p.m.
Saturday, Aug. 11
Bronze medal, Noon
Gold medal, 4 p.m.

Twitter response

"Devastated for Simon. Witnessed first hand his incredible work ethic and commitment. He was so ready for this race. #hero"

Paula Findlay, the teammate Whitfield strongly defended on Twitter after her disappointing finish at the women's triathlon, was one of the first to react to Whitfield's own failure.

"When I was in middle school and ran cross country, I would always pretend I was @simonwhitfield at the end. He's a hero to so many"

Canadian Olympic swimmer Julia Wilkinson, showing her admiration for Whitfield's inspirational career.

"When it was announced that @simonwhitfield had withdrawn the whole crowd sighed for him. He is so well respected"

Three-time Olympic champion rower Marnie McBean

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DRIVE 5

Meet Ford's new Prius fighter

ALL PHOTOS WHEELBASE

Spacious

The level of cargo space in the C-MAX is about equal to that of the Toyota Prius v, but offers nearly one-third more room than its chief rival with the rear seat folded flat.

As you would expect from its shape, the interior offers adult-sized head, knee and legroom.

2013 Ford C-MAX

- **Type.** Four-door, front-wheel-drive hatchback hybrid.
- **Engines (hp):** 2.0-litre DOHC four-cylinder and electric motor (188).
- **Mileage:** L/100 km (city/hwy) 4.2/4.6 (base, est.).
- **Base Price (incl. destination):** $27,500 (est.).

Dashboard

What will really impact buyers is the flight-deck-style dashboard and control panel that would look at home in the Starship Enterprise.

The gauge pod boasts a brake coach that helps drivers maximize the regenerative braking system to help keep the lithium-ion batteries topped up.

Powertrain

Driving efficiency is a certainty with the C-MAX and C-MAX Energi plug-in hybrid powertrains, both of which will be available in the 2013 Ford Fusion sedan.

The gasoline component is a 2.0-litre four-cylinder that produces 141 horsepower. It works in tandem with a 106-horsepower (estimated) electric motor.

Ford projects a net system output of 188 horsepower, which is 54 horsepower more than the competing Prius v.

Power is directed to the front wheels by a continuously variable transmission (CVT). Even with the extra power, Ford expects the C-Max to achieve a better fuel economy rating than the Prius v.

On the Web

Kathy Ullyott has always loved cars. So when Bridgestone Americas invited her on a two-day learn-to-race course, she jumped on it. Scan this code or visit metronews.ca/drive

Review. A hybrid with economy, power, room and a good starting price? You bet

MALCOLM GUNN
Wheelbase Media

When you think "hybrid," images of green fields, fluffy white bunnies and the Toyota Prius likely dance around in your in head. The Prius has spent most of its life in a category of one, but a decade of success has also made it a sitting duck for companies such as Ford.

But is the new 2013 C-MAX wagon a real Prius fighter where it counts, in terms of fuel consumption? Yes, if you compare it to the least thrifty Prius v, that is. Put head-to-head against the Prius v, it has about the same interior room and quite a bit more power.

The C-MAX arrives this fall as Ford's first dedicated hybrid brand, although it's based on the automaker's compact Focus architecture and has the same distance between the front and rear wheels and overall length as that model. But the C-MAX is more than 10 centimetres wider and 15 centimetres taller, making it ideal for hauling people and their gear.

At an anticipated $27,500, including destination charges (which is slightly less than the Prius v's base starting price) the base C-MAX SE comes with dual-zone climate control, 17-inch alloy wheels and seven airbags. The SEL adds leather seats (heated in front), 10-way power driver's seat, rain-sensing wipers and satellite radio. On the option list is a hands-free back-up parking assist and a power liftgate that opens and closes by shaking your foot beneath the bumper.

Hybrids are becoming more opulent. Leather is on the menu.

There should be no shortage of converts to the C-MAX Hybrid's way of life, with its easy-on-the-eyes appearance, practical nature and easy-on-the-wallet fueling intervals.

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2012 Dodge Grand Caravan Crew shown.[5]

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Shea Holbrook's got the need for speed

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Racecar driver Shea Holbrook didn't grow up in a household locked into any type of car culture orbit. And not until five years or so ago did she even pine for any of the pavement pursuits.

Until then, her prime passion was being dragged around a lake by a boat, an activity sometimes called "competitive water skiing."

So what happened? Why did she trade her skis for a helmet and a fire-retardant racing suit?

Why is there currently a race-prepped 2012 Honda Civic Si HFP with her name on it, and currently sitting in third place in her class (Touring Car) on the SCAA World Challenge Pro Racing circuit?

When she was 16, Holbrook and her father decided to take in the Richard Petty Experience, where NASCAR fans get behind the wheel of a race car for a day. After that she switched gears, so to speak.

"I'm a huge adrenaline junkie," says Holbrook, adding that car racing gives her what she needs, and is unlike anything else out there when it comes to adrenaline production.

"When I put my racing suit on, I have to calm myself down. It's all about the thrill."

We're chatting under a temporary tent at the Niagara Drive Centre, which is more or less the back runways of the Niagara International Airport.

Holbrook is here to take journalists out for a ride in her race-prepped Civic, as part of a press event for the new Civic Si HFP. The Florida native's race car is campaigned by Toronto-based Compass 360Racing.

It's easy to see why Honda Canada, SCCA racing, her team and her sponsors are eager for her to meet the media. She's a well-spoken, engaging ambassador for her racing partners, for racing in general, and for her gender.

Competitive race car driver Shea Holbrook is ranked third in her class. MIKE GOETZ/METRO

She knows she's getting attention for being a young female in a male-dominated sport, but she also completely understands that attention and/or gender won't make her car go any faster.

"The cool thing about car racing is that the car doesn't know the gender of the driver, or how tall or how short they are," she said.

"It's one of the few sports where women and men can go head to head. It comes down to who is smarter, who is more talented, who has the experience, who is more determined, who is one with the race car."

And she's more than willing to pay her dues.

"I like the fight. A lot of people say (female drivers) have to overcome all these obstacles and struggles. I don't like it when people say they're in a struggle. If it's your passion you don't really look at it like a struggle. Everyone has obstacles to overcome, to get to where you want to be."

She says that success in motorsports is particularly hard to come by, so a little extra obstacle to overcome here and there along your career might actually be useful — to harden and sharpen the resolve.

For more on Shea's racing adventures check out shearacing.com.

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Use word of mouth to find an auto repair shop and start with a small job. ISTOCK IMAGES

Don't get ripped off: Get to know your local repair shop

Driving force. Your best line of defense when something goes wrong

JILL MCINTOSH
drive@metronews.ca

Cars are more complex than they've ever been, especially when they need repair. That can be a concern, especially for older drivers who may worry about overcharging or unnecessary repairs.

Finding and sticking with a good shop is your best defense, says Pam Oakes, an auto technician and owner of Pam's Motor City Automotive in Fort Myers, Fla. "Use word of mouth," she says. "Ask your friends, ask your coworkers, ask your family where they go."

When you first visit a shop, especially if it hasn't been recommended by someone you know, start small. "Get your oil changed and see how they handle that," says Oakes.

"See if they give you a 'grocery list' of problems, and if they do, get a second opinion at another shop. When you're walking in the door, see if it's clean or not, and how the staff are behind the desk. Look at the customers, if they're agitated or fidgeting, or if they're just quietly enjoying a cup of coffee. They should look relaxed, not stressed."

The shop should be able to tell you why something needs to be done, and then should explain it to you. "We do 'show-and-tell' all the time," says Oakes. "If you need brakes, we'll show you what the brake pads look like and how it will affect the vehicle if you do the work or not." Once you've found a shop, you should further get to know the person who's working on your car, Oakes says.

What to do

- If your car makes a strange sound or does something odd, describe it to the shop. Don't try to diagnose the problem yourself.
- Beware of shops advertising very low prices. There may be extra fees or labour charges buried in the fine print.
- Ask to go on the road test with the technician so you can point out the sound or problem that you're experiencing.

So why do some shops find so many problems? Oakes says it's because some set quotas or pay their service writers commission for the work they bring in. It might also be an inexperienced technician's error.

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The Elantra GT: Why hatchbacks rule, and small sedans drool

New generation.
Hatchback channels European sensibilities

MIKE GOETZ
drive@metronews.ca

2013 Hyundai Elantra GT. MIKE GOETZ/METRO

2013 Hyundai Elantra GT

- Three Trim lines, from $19,149 to $24,349
- Lightest 5-door hatch in compact segment
- Based on European/Korean market i30
- Sportiest Elantra model by a moon shot
- Available rear view camera/touch-screen nav

Historically North Americans have looked down at the hatchback, with the notion that it's just a low-rent vehicle genre intended solely for downtrodden folk that can't get into a sedan.

Of course that's just stinkin thinkin. Hatchbacks are cool.

In many markets around the world, notably Europe, the hatchback is universally embraced as the best way to configure a smallish-car. Not surprisingly then, when Hyundai wanted to break into Europe big-time back in 2007, it did so with a hatchback — the clever and competent i30 hatchback conceived and engineered at the automaker's newly opened tech centre in Germany.

A version of that generation i30 made its way to North America as the station wagon known as Elantra Touring, selling alongside the fourth-generation Elantra sedan, which was, and is, built on a different and more North American-centric platform.

A new-generation i30 has just been introduced to Korea and Europe. This time around Hyundai decided to give us an i30-based hatchback instead of a station wagon.

Michael Ricciuto is Hyundai Canada's main product planner. At a recent event designed to show off the GT, he told us the vehicle is definitely Eurocentric. "What you see here is very much a design for the European market."

About the only major difference between European and Canadian versions is the rear suspension. The i30's multi-link rear suspension has been swapped for a more conventional torsion beam system. Ricciuto said this was done to keep the GT's cost and weight down, and provide the GT with a slightly more comfortable ride.

The i30's sporty steering feel was retained by giving GT drivers a Driver Selectable Steering Mode (DSSM) system, which allows drivers to switch to comfort, normal or sport "steering input" modes. In the past Hyundai tailored the input for each region, but from now on, it's just going to give us this selectable system. I don't know anybody that wouldn't leave it on "sport," which adds to the GT's already great road manners. It's definitely a cut above the Elantra sedan and coupe in terms of road handling.

The GT has the same powertrain as all Elantras, namely the 148-hp, 1.8-litre formatted to either a 6-speed manual or 6-speed automatic. So like its siblings, the GT offers a great balance between engine power and fuel efficiency. Our automatic test vehicle is rated at an excellent 7.3 L/100 km (city) and 5.0 L/100 km (highway).

Another class topper is interior and cargo space. In the rear, I found knee room to spare, and could comfortably slide my feet under the front seats. The rear seats also offer lots of thigh support.

The rear seatbacks fold forward flat, but only if you first flip the seat cushions forward. Do that and you open up more than 1,440 litres of available cargo space, which betters classmates like Mazda3, Ford Focus, Toyota Matrix and VW Golf. Only the Subura Impreza has more (1,485 litres).

So to recap: Enjoyable European handling sensibilities, stellar fuel efficiency, voluminous interior.

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Get ready to rev your engine

Twist the key in the 2013 Ford Shelby GT500's ignition, and it burbles startlingly to life after that extra second of cranking that says something angry is about to wake up.

It announces itself with a drawn-out snort accented by popping and crackling as spent fuel fills its big-bore exhaust and fist-sized tailpipes.

It's largely what you'd expect from the most powerful production V8 on the road. Ford's new 5.8-litre unit has an Eaton supercharger the size of a Civic's engine jammed between a set of cylinder heads as wide as Brock Lesnar.

Output levels smash any number of exotics costing three or four times as much. There's no more powerful production V8 on the road. It's 662 horsepower, if you're wondering.

Putting these to work is an experience unparalleled in its ability to put drivers into a world of fearsome, nearly-terrifying acceleration and noise.

Easing off of the sensitive, grabby clutch with just a few revs on the tachometer causes the GT500 to leap ahead as if its leash were being held too tightly. Even a slight reduction in clutch-pedal pressure transmits enough torque rearwards to scrub the tires.

Stand on the right-most pedal, and the nose lifts sharply as the rear-end squats and squirms about for traction. The acceleration squeezes the air from your lungs right away, and the rocket-booster levels of thrust could make your favourite church-going aunt drop an f-bomb before the supercharger even gets into its game.

All the while, the rumbling exhaust sounds flood and saturate the cabin thickly, overlapped by a sharp "zing" from the twin-screw blower as it comes into play about halfway to the 7,000 RPM redline.

There's no lag. No waiting for a turbo to kick in. No anticipation of a trick variable valve timing system to ramp up engine power. Hammer down, and the GT500 simply blasts toward the horizon, steadily and linearly, immediately sucking occupants into their seats. It's as if the gas pedal is attached to one end of a pulley system that connects the Shelby with the horizon ahead.

The Ford Shelby GT500. JUSTIN PRITCHARD/METRO

So, it's fast as all bloody hell. And much of the experience is wasted on roads with speed limits. You'll wish the 360 km/h speedometer and tachometer had demerit points and dollar signs, instead of velocities and revs.

But for speed-freaks and bragging-rights enthusiasts, it's a shock-and-awe display of American firepower not to be missed.

JUSTIN PRITCHARD/METRO

Horoscopes

♈ Aries
March 21 - April 20
You must put a fight behind you and join forces with someone whose help you are going to need in the weeks to come. If you have to meet certain challenges alone, you might not succeed.

♉ Taurus
April 21 - May 21
You may think you can get away with anything, but that is not an excuse to do as you please at other people's expense. Think ahead to how your actions might affect your long-term reputation.

♊ Gemini
May 22 - June 21
The more of an effort you make now, the more opportunities will come your way in the near future. With Mercury, your ruler, moving in your favour again, now is the time to make plans. The bigger the plans, the better.

♋ Cancer
June 22 - July 23
Today's cosmic picture makes it easy for you to make new alliances. You may think you don't need other people but you do, more than you realize. Besides, there is a joy to working with others that solitary effort can't match.

♌ Leo
July 24 - Aug. 23
You seem to have gotten your mind stuck in a groove and are finding it hard to move on. What you most need now is a change of attitude. Look at your life from a wider perspective.

♍ Virgo
Aug. 24 - Sept. 23
Everyone is singing your praises at the moment but you don't seem to have much confidence in yourself. However, now that your ruling planet Mercury is moving direct again you will soon rediscover your self-belief.

♎ Libra
Sept. 24 - Oct. 23
You may not want to say what you have to say but you must say it anyway. Does that make sense? Okay, put it this way: if you don't speak truth to power you'll be the one who loses money. Got it?

♏ Scorpio
Oct. 24 - Nov. 22
An old idea will get you thinking along new and profitable lines over the next 24 hours. It may be an idea that has been used many times before but your twist on it could make you a million!

♐ Sagittarius
Nov. 23 - Dec. 21
Stop feeling sorry for yourself and start thinking about how you can make the best of the opportunities you've been given. They are all around you if you take the trouble to look. Life is full of possibilities.

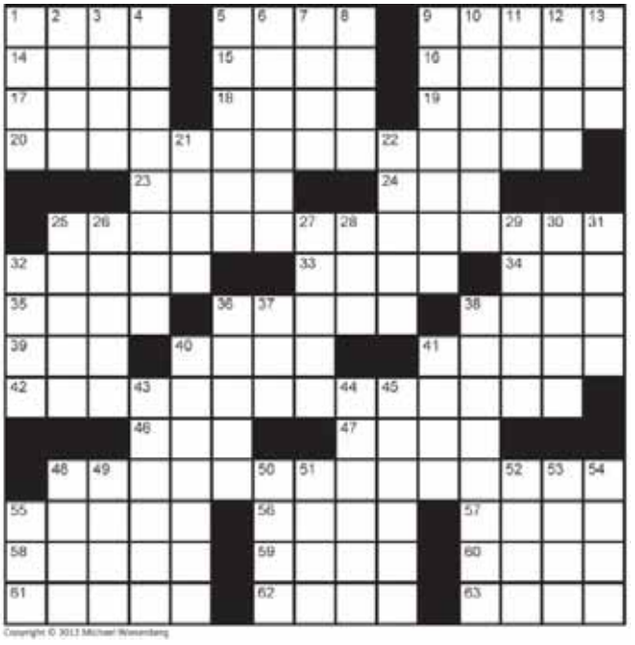
♑ Capricorn
Dec. 22 - Jan. 20
Make sure that you are the one who profits from your ideas. Mercury, planet of the mind, will give you plenty of insights but it is what you do with them that matters. Action is essential.

♒ Aquarius
Jan. 21 - Feb. 19
If you are having second thoughts about an agreement of some kind, you can probably get out of it today. There will be a price to be paid, of course, but it will be worth it. Reclaim your freedom.

♓ Pisces
Feb. 20 - March 20
The whole world seems to be singing your praises and it's quite right that you feel proud about what you have achieved. But don't lose sight of the fact that it's only a beginning. Everything is up for grabs. **SALLY BROMPTON**

Crossword: TV Star, Water, Royalty, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ to riches
5. One of many on a computer desktop
9. Crop associated with Saskatchewan
14. "What are you, some kind of ___?" (2 wds)
15. Fashioned
16. Our world
17. Break suddenly
18. Great Lake
19. Actress Dickinson (*Police Woman, Rio Bravo, Ocean's 11, Dressed to Kill*)
20. BC-born *Baywatch* babe (2 wds)
23. Backpacker's shelter
24. Fib
25. Second-largest body of water in NT, and deepest in North America (3 wds)
32. Male swine
33. Wallet fillers
34. Confound
35. Murders
36. "___ all, folks!": cartoon signoff
38. ___ et Chandon champagne
39. Bumpkin
40. Born and ___
41. Grassy yards
42. Queen Victoria's fourth daughter, after whom three places were named, a lake, a village, and the province itself (2 wds)
46. Golfer Ernie called "The Big Easy"
47. Persia, now
48. 12th PM, 1948-1957 (3 wds)
55. 9:50, say (2 wds)
56. Cold-weather wear
57. Margarine
58. One ___ chance: odds are 9:1 against (2 wds)
59. Formerly
60. Got off
61. British Isles wastelands
62. ___ *of the D'Urbervilles*: 1891 Thomas Hardy novel upon which was based 1979 Roman Polanski film whose title was simply the girl's name
63. Broad lowland

Down
1. Frog-in-the-throat sound
2. Canadian-born actress Paquin
3. American territory in the Pacific
4. Vatican City basilica (2 wds)
5. "That's not what ___": "I may have misspoken" (2 wds)
6. Diamond weights
7. Thor's dad
8. Require
9. Becomes fatigued
10. —— and Gretel
11. Therefore
12. Has ___ ear: is tone-deaf (2 wds)
13. Kermit ___ Frog
21. Meadows
22. Santa's helpers
25. Really succeed (2 wds)
26. One-named Egyptian-born Canadian singer-songwriter of children's music
27. Cargo quantities
28. Picnic pest
29. Swears
30. Nancy Drew creator Carolyn
31. Many business phone nos.
32. Betty of old cartoons
36. Hair amount
37. "___ a real nowhere man": Beatles lyric (2 wds)
38. Much-traveled thoroughfare (2 wds)
40. Vancouver CFL team (2 wds)
41. Hawaiian feast
43. Grammar gender
44. Shrubs with lavender blooms
45. Speechifies
48. Late-night TV host Jay
49. "Hold ___ your hat!"
50. Stevenson or Burns
51. Vocal sound
52. Jazz singer Fitzgerald
53. Winnipeg-born Young called "Godfather of Grunge"
54. Lug
55. ___ Horton's

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7					2		1	
			3	9			4	
	6		1					7
	9	1		8				
4			5		6			8
				7		3	5	
3					4		2	
	8			3	9			
	7		2					6

Yesterday's Sudoku

6	8	5	7	3	4	2	9	1
7	1	2	5	9	6	8	4	3
3	4	9	8	1	2	5	7	6
5	6	3	4	2	8	9	1	7
8	2	1	6	7	9	3	5	4
4	9	7	3	5	1	6	8	2
2	5	6	9	4	7	1	3	8
9	7	8	1	6	3	4	2	5
1	3	4	2	8	5	7	6	9

Weather

TODAY	THURSDAY	FRIDAY
MAX: 27° MIN: 14°	MAX: 26° MIN: 14°	MAX: 25° MIN: 13°

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